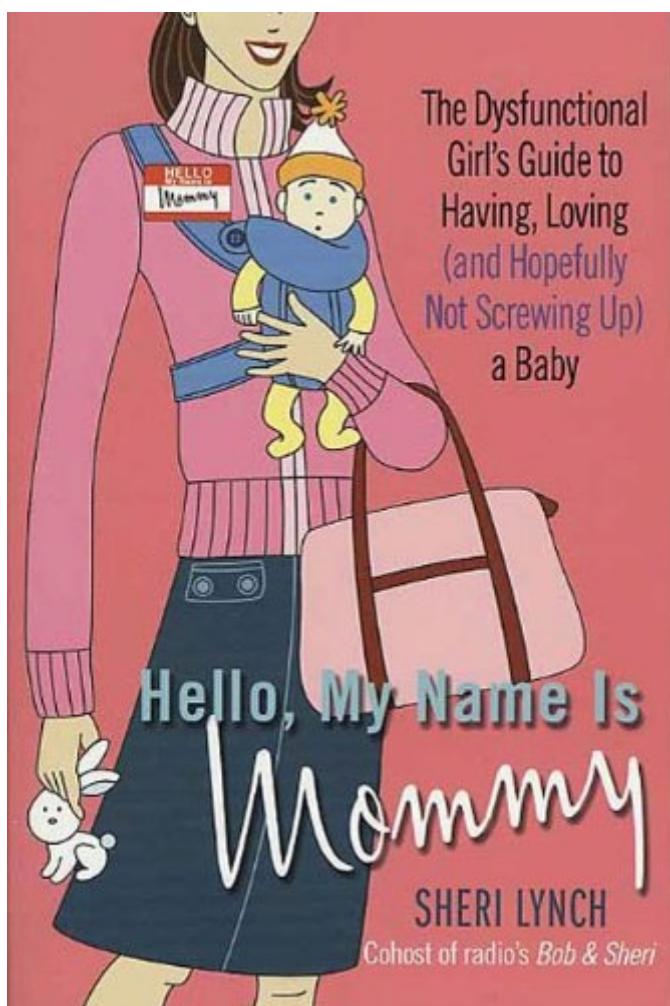


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# Hello, My Name Is Mommy: The Dysfunctional Girl's Guide To Having, Loving (and Hopefully Not Screwing Up) A Baby



## **Synopsis**

Hilarious and true and inspirational, Hello, My Name is Mommy is for every pregnant woman and new mother who ever felt helpless and out of control instead of confident and aglow. Sure, women know pregnancy is no bed of roses, but Lynch taps into her own dysfunctional childhood and fears about becoming a mom to label a much profounder worry many moms-to-be have: that their own pasts were so screwed up that they're doomed to repeat the cycle. Dr. Spock may tell moms to trust their instincts, but Lynch's Misfit Mommies want to do every last thing but that. They feel like frauds and imitators, and Lynch's real-girl's voice will be instantly recognizable to them. Lynch will walk and talk new moms through it all: from lamenting the hot dogs and second-hand smoke they were raised on (and, of course, "you turned out just fine") to the realization that kids are kind of germy and gross (but feeling that way doesn't make one a bad mother) to keeping it together at work with Cheerios in the old nursing bra.

## **Book Information**

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## **Customer Reviews**

This book held a few funny moments, a few practical words of wisdom and a few good parenting

hacks... That being said, if you did not grow up with an extremely dysfunctional childhood. One where you question if your parents really loved you etc, this book is not for you. It isn't about women who are worried about screwing up their baby - because, let's face it what first time mom ISN'T worried about that. It's really for what she refers to as "Misfits" or "Misfit Moms" which means they are a special breed damaged in more ways than your average messy childhood. If this isn't you, avoid this book! About 80% of what she has to say and how she approaches pregnancy, newborn and even the epilogue of toddler life won't be something directed at or meant for you.

I love it that Sheri Lynch is so REAL. she doesn't beat around the bush. she doesn't avoid awkward topics. she doesn't stick to traditional, boring, parenting advice: she gives you all of it and she does it in a clever, humorous, and make-you-think way. I think every new mother should read this. Even if she isn't dysfunctional, it just has a lot of great advice and shows you all of the options you have in every arena of parenthood: birthing options, breastfeeding options, same-room-sleeping options, etc, etc.

I purchased this book because I love Sheri Lynch and it did NOT disappoint!! I highly recommend it and purchase it for all my friends that are mommies to be. Only complaint I have is that I wish I had gotten it earlier in my pregnancy and could have even used it PRE pregnancy!!

This book will give you a realistic idea of everything from conception, delivery and raising your child but in true wordsmith style from Sheri Lynch. I listen to her and Bob every morning on the radio in Greensboro NC and have learned a great deal more about her from reading this book. Her advice is some of the best I've heard....DO WHAT WORKS FOR YOU AND YOUR FAMILY & TRUST YOUR INSTINCT! I wouldn't consider myself a "misfit" however much of the same knowledge contained in the book applies to "regular" want-to-be mom's in the world! GREAT and FUNNY read!

I appreciated the way this book celebrated individuality and reminds you that you don't have to try and be the 'perfect' mom. Coming from a hard childhood to living a successful life as a career woman and mom it proves to you that you can be a mom and have a career if you want it. It was helpful to me as an expectant first time mom with some helpful tips and advice that will come in handy later on.

I love Sheri on the radio and the book was in the same style. Very enjoyable. Wish she would write

another book about the new chapters in her life.

I picked up this book only because my favorite radio talk show host, (Ms. Sherry Lynch), of all time had written it. I have no intentions of getting pregnant any time soon, if at all, but still found this book interesting and fun to read. Sherry does a great job of explaining what pregnancy is really like, because it is true that women that have never experienced it have no idea what they are in for. I learned many new things about the female body, for example she explains in detail how you can tell when you are fertile or not, without using a test of any kind. I would recommend this book to anyone, even men! I found myself telling my boyfriend about all the little tid bits that I read about from the book. I think Sherry did a great job of letting clueless people in the mystery of pregnancy, with humor and language that is easy to understand. Thanks Sherry!

If you're a new mom or about to be, this is a full on real life experienced mom who tells it like it is! I totally get where she was coming from. I listen to Bob and Sheri every day and love loved this book even if I had not been a big fan! This is a MUST READ for every new and pregnant mom!

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