



Achieving Sexy: Redefining Your Momlife & Mombod

Luci Lampe

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No doubt about it; momlife has its unsexy moments. Between the wakeful nights, endless messes, diaper blow-outs, and projectile spit-ups, it's nearly impossible to poop in peace, let alone meditate or exercise. How are we supposed to deal?

In this practical and exciting book, Luci Lampe, author and Mom Empowerment Coach, addresses the real struggles of momlife today, from self-love and fitness to stress management and sex. *Achieving Sexy* is for the millennial mom who's ready to live a life she loves in a body she loves.

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