



Hot Mamas: The Ultimate Guide to Staying Sexy Throughout Your Pregnancy and the Months Beyond

Lou Paget

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From America's most sophisticated sex educator, whose books top two million copies in print, comes a one-of-a-kind guide to embracing your sensuality during and after the emotional and physical changes of pregnancy.

Everywhere you look today you'll find pregnant women embracing their newfound curves and the idea that pregnancy can be one of the sauciest, sexiest times of their lives. Lou Paget, who has made a name for herself by combining the latest research findings with the most popular topics in the field of sexuality, is at it again, helping women maintain their sensuality and sexuality while dealing with changes in body, relationship, and lifestyle—both during pregnancy and the months following, which Lou calls the "fourth trimester." All the questions women—and men—have regarding pregnancy and sex will finally be answered, putting all of the contradictory information to rest. A guide like no other, *Hot Mamas* addresses such topics as how the biological changes during pregnancy can impact your sexuality and why pregnancy can significantly enhance a woman's orgasms and sex drive.

Pregnancy shouldn't mean a hiatus from intimacy. With compassionate, straightforward advice, and illuminating how-to illustrations, *Hot Mamas* at last tells pregnant women and their partners everything they need to know to view pregnancy in an exciting new light.

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