



# Oh, Baby!: Pregnancy Tales and Advice from One Hot Mama to Another

*Tia Mowry*

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**Oh, Baby!: Pregnancy Tales and Advice from One Hot Mama to Another** Tia Mowry  
**Prime-time star and new mom Tia Mowry delivers a frank and hilarious modern pregnancy guide**

A generation of women grew up watching Tia Mowry on *Sister, Sister*. Like a best friend Tia always told it like it was with hilarity and compassion. Now, in a pregnancy guide like no other, she leaves no topic off-limits while helping expectant moms stay empowered, pampered, and laughing out loud.

Sharing personal experience with cravings (she couldn't have done it without sourdough bread and Funyuns); maternity clothes (Tia prefers black, with sequins); vagina exercises (just say No!); and hiding your bump from your coworkers (tricky for Tia, since her character on *The Game* was in lingerie half the time), Tia also discusses Ask the OB Q&A's she posed to her own ob-gyn, along with dozens of tried-and-true tips for combating morning sickness, fear, and everything else that might overshadow a radiant glow.

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