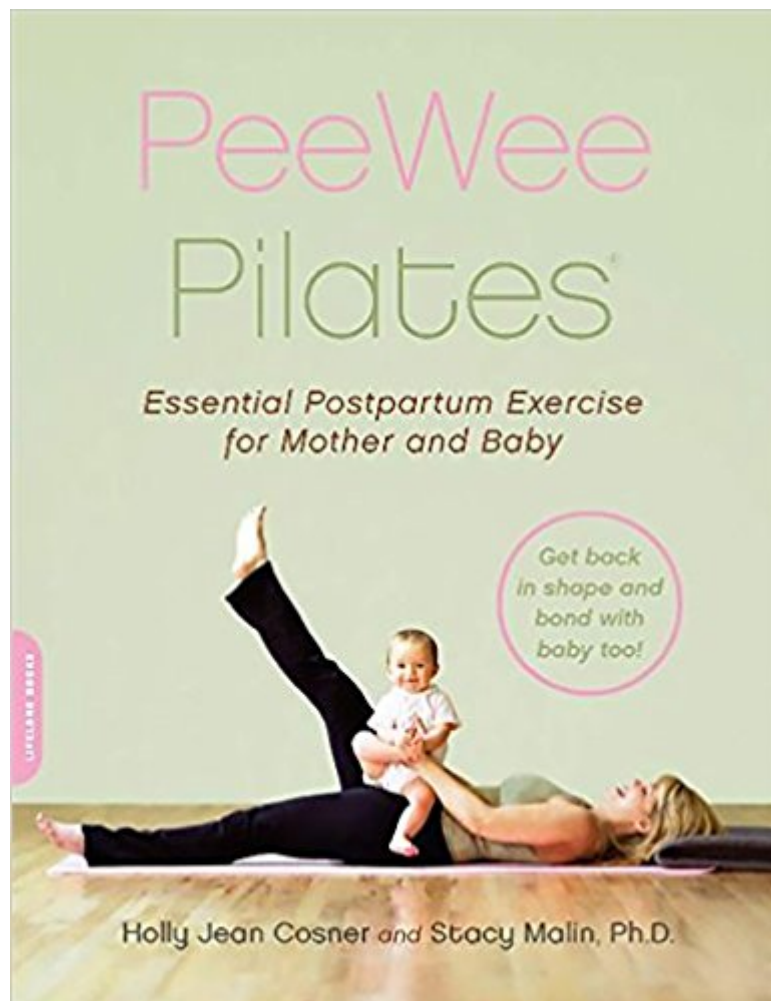




Ebook Directory
the best source of ebook

The book was found

PeeWee Pilates: Pilates For The Postpartum Mother And Her Baby



Synopsis

Though she yearns for her pre-pregnancy figure, a new mother has little time to devote to exercise; attending to the needs of a newborn is a full-time job. A revolutionary postnatal fitness program, *Pee Wee Pilates* gives new mothers what no other fitness program or book has to date: a quick and proven method they can do at home to whip their postpartum body gently back into shape and enrich their babies at the same time. Pilates targets the areas most affected by pregnancy (abdomen, hips, lower back, and buttocks), so new moms will get results fast without having to leave homes or carve out huge chunks of time. Simultaneously, because the baby is incorporated into the Pilates movements, women get to enjoy a loving and fun interaction with their babies. Unlike other mother/baby fitness programs, however, baby is far more than just a prop; the exercises in *Pee Wee Pilates* are designed specifically to help foster a little one's development and attachment to mother. Developed by one of New York City's leading Pilates teachers, *Pee Wee Pilates* promises to be the hot new "baby and me" exercise program for new mothers everywhere.

Book Information

Paperback: 192 pages

Publisher: Da Capo Press; 1st edition (December 27, 2005)

Language: English

ISBN-10: 0738210293

ISBN-13: 978-0738210292

Product Dimensions: 7.6 x 0.5 x 9.4 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 2.9 out of 5 stars 6 customer reviews

Best Sellers Rank: #1,105,949 in Books (See Top 100 in Books) #93 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #166 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pilates](#) #225 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#)

Customer Reviews

"Helps new moms get back in shape while allowing them to share time with their newborns." -- The Tennessean, 01/23/06
"Provides a great way to bond with your little one as you regain your pre-pregnancy figure." -- Junior Pregnancy & Baby, 02/01/06
"[Cosner and Malin] combine their expertise into a revolutionary workout." -- Staten Island Parent, May 2006

Former professional ballet and modern dancer Holly Jean Cosner is one of New York City's leading Pilates teachers. She created the 'baby and me' PeeWee Pilates program in response to her clients' need to integrate their newborns into their exercise practices. She lives and teaches in New York City. A clinical psychologist with a full-time private practice, Dr. Stacy Malin has spent her nearly twenty years helping women improve their relationship to their own bodies. She lives in New York.

I purchased this for the kindle app. The concept of the book is good, but it is not a good e-book. The page layout made it too hard to figure out which pictures went with which exercises, and the page breaks were poorly arranged. The book seemed to be well written, but there was too much explanation before they got to the actual exercises, and I lost steam. I only tried to do the exercises a few times, but got frustrated with the inability to easily flip between pages to understand the exercises I tried, which I am pretty sure I was not doing correctly. I think the \$10 would have been better spent on an actual class or a video.

I HOPE so much that these wonderful authors will make a dvd. The info and exercises in the book are wonderful. The authors also write about more than just exercise... about birth, afterbirth, how to keep your spirits up, etc. I had thought of photocopying the exercise pages and creating a sort of flip chart for myself, because it is impossible (with the difficult schedule of a new mom) to find time to sit down and do these exercises while reading the book on each thing... I would highly recommend reading the whole book, but once the book has been read, the mother needs a DVD to follow in order to really get any physical results out of this.

If I could I will ask for refund. It's an exercise book but full of narration no pictures. Worse, they don't even tell you which muscles you are using!!! Awful

It was the right choice for me. It has good explanations how to do the exercises, even if it is your first time doing pilates, like me. It just takes you a few pages to get to the exercises. Sometimes it seems just a little bit too much, but in the end it is like a good friend is talking to you about your after-pregnancy-problems and is really understanding, what's going on in you. I did some exercises and then I read some from the pages before, that was a good mixture!

I've never done pilates before but this book has helped me tremendously in regaining balance and

strength after having my baby. my daughter also loves the exercises and can stand doing them for a good 15-20 minutes, which is all I need every day. the book also has great information about infants that other books I've read don't share. definitely recommended :)

This is a great book. It is practical in its instruction and easy to follow. I highly recommend it for getting rid of that post-partum extra jiggle.

[Download to continue reading...](#)

PeeWee Pilates: Pilates for the Postpartum Mother and Her Baby Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Baby Names: Baby Names List with 22,000+ Baby Names for Girls, Baby Names for Boys & Most Popular Baby Names 2017 The Mother-to-Mother Postpartum Depression Support Book: Real Stories from Women Who Lived Through It and Recovered Pilates and Lifestyle with Foreword by Julian Clary: Pilates (flat abs, help back pain), lose weight, manage stress, quit smoking Therapy and the Postpartum Woman: Notes on Healing Postpartum Depression for Clinicians and the Women Who Seek their Help Postpartum Depression: How to Overcome Postpartum Depression and Be a Happy Mom (Postnatal Depression) The Postpartum Husband: Practical Solutions for living with Postpartum Depression Buzz, Splash, Zoom, Roar!: 4-book Karen Katz Lift-the-Flap Gift Set: Buzz, Buzz, Baby!; Splish, Splash, Baby!; Zoom, Zoom, Baby!; Roar, Roar, Baby! Baby log book for twins: My Baby's Health Record Keeper, Baby's Eat, Sleep & Poop Journal, Log Book, Activities baby for twins (Volume 3) The Great Divorce: A Nineteenth-Century Mother's Extraordinary Fight Against Her Husband, the Shakers, and Her Times The Great Divorce: A Nineteenth-Century Mother's Extraordinary Fight against Her Husband, the Shakers, and Her Times Mothering the New Mother: Your Postpartum Resource Companion Being a mom is really hard: A mother compares the baby journal to her own diary Akiane: Her Life, Her Art, Her Poetry Real Food for Mother and Baby: The Fertility Diet, Eating for Two, and Baby's First Foods Fit to Deliver: An Innovative Prenatal and Postpartum Fitness Program: Safe and Fun Exercises Tailored by Professionals to Benefit Both You and Your Baby After the Baby's Birth: A Complete Guide for Postpartum Women When Baby Brings the Blues: Solutions for Postpartum Depression Bright Baby Touch & Feel Baby Animals: with Book and Puzzle Pieces (Bright Baby Touch and Feel)

Contact Us

DMCA

Privacy

FAQ & Help