



The Girlfriends' Guide to Getting Your Groove Back

Vicki Iovine

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Bust out of that mommy rut and get into the groove! When a mother finally emerges from the mommy mole tunnel of pregnancy, breastfeeding, potty-training and preschool, she comes to the inevitable realization: The road to maternity is a one-way street. No U-turns allowed. You've survived the battles of baby- and toddler-hood, playdates and temper tantrums to time-outs. And just when it seems your former life is within reach--taking up neglected jobs and hobbies, committing to a fitness program, rediscovering the boyfriend living in the body of your husband--you crash headfirst into the wall of reality. The kids may be able to fasten their own seatbelts and pour their own cereal, but the homework, tucking in, car pools, and birthday parties have just begun. Let Vicki Iovine, author of **The Girlfriends' Guides**, show you how to navigate the twists and turns of family life--and find time for your kids, your spouse, your home, your work, and yourself. You're not alone in this "mommy adolescence." In **The Girlfriends' Guide to Getting Your Groove Back**, Iovine provides her trademark sage, witty advice on:

- How to focus at work when things at home are in chaos--and vice versa
- Making time for yourself--and not the PTA
- Getting over the romantic myth of "date nights" and weekends away from the kids
- Homework help--your transformation into a human flashcard
- The dinnertime crush and how to relieve frozen pizza fatigue

Iovine puts the perils of perpetual parenthood into perspective. You'll feel like you do after a long chat with a good friend--relaxed, refreshed, and ready to reclaim your life ...

The Girlfriends' Guide to Getting Your Groove Back Details

Date : Published April 1st 2001 by Tarcherperigee

ISBN : 9780399526305

Author : Vicki Iovine

Format : Paperback 304 pages

Genre : Parenting, Nonfiction, Self Help, Humor

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From Reader Review The Girlfriends' Guide to Getting Your Groove Back for online ebook

Kristen says

This is a perfect book for anyone whose kids are growing out of the baby and toddler years, and are looking at getting back a semblance of their former lives. Vicki Iovine dishes it all from clothes, beauty, privacy and sex, all the way to spirituality. I laughed out loud any number of times and jotted down a couple dozen quotes from this book. She is both witty and wise, and she has been there, so she knows wherefore she speaks!

Here's one of my quotes: "Let's get one thing straight: All mothers outside of Buckingham Palace work harder than Sisyphus, whether they get a paycheck and a 401K or not." p 125

Jordan Ashby says

I liked her honesty, but it was kind of all over the place and not very direct.

Jennifer says

A realistic look at trying to balance motherhood and your own needs. It is a funny and very down to earth self help book.

Jasmin says

This book made me smile, smile and laugh! Funny but witty, Vicki Iovine has the talent of telling a familiar Mommy moment in a humorous way, that sometimes, even if I am already through reading that section of the book, it brings back a smile on my face just thinking about it. Love, love, love this book! :-)

Renee Reynolds says

This book should come recommended by all your Girlfriends! It's the perfect book for reclaiming your own personhood back after giving life to all the little persons in your home. While Iovine clearly loves the stage of "motherhood adolescence" (the middle years of being a mom), she is able to help her mommy Girlfriends get their grooves back in their marriages, in their work-life balance, and in other areas by imparting down-to-earth wisdom in her refreshingly hilarious way. I especially loved her specific advice on Mom Fashion and the "Top Ten List for Rekindling the Fire" (it's so refreshing to read someone whose priority is her husband!). I love her! And wish she lived in my neighborhood.

Amy says

not entirely applicable to me since we homeschool the kids.

Heather C. says

As I have said before, I wish there were half stars--this would be 2 1/2. I liked it a lot, but it's not in the category of good/great literature.

Vicki Iovine is an irreverent but whip-smart and witty Mommy who has shared her experiences and wisdom all the way back from The Girlfriend's Guide to Pregnancy. So I'm reading the one about what to do with yourself when your kids are old enough that they don't need you every waking second. Emotionally, I connected with this book because I really do need advice in that category. I have no noses to wipe, no matching outfits to lay out and hardly any bedtime stories to read anymore...I'm lost!

But, back to the book, any of her books are great. Enjoy, but be warned of her very frank way of stating things.

Rebecca says

Read this for entertainment value, having read all the other Girlfriends' Guide books. There was some good advice/guidance too.

Ruth says

Funny, per usual.

Jeanine says

I really liked the author's guide to pregnancy. Very funny. I enjoyed this one but didn't laugh as much as the other. Perhaps it's just that this stage in my life isn't as funny, or maybe the author used up all of her good jokes in the several other books she has in this series (guide to the first year, guide to toddler, etc). All in all, no earth-shattering advice here but it's always nice to have a friendly reminder to occasionally take care of yourself too.

Mary says

Really? I've never reviewed this book? It's one I pulled out several times the year my youngest child went to school. We spend years reminding ourselves that there is no more special, holy, necessary, worthwhile work

than rocking babies, singing songs, reading stories, playing pat-a-cake, etc. Then, once those years are gone, we wonder if the work we're doing is as important as it once was. The answer is YES! In this new stage of life, I found myself cracking up through this book as I related to her family's predicaments. Vicki is a very different woman from me, but I highly value a sense of humor and this was often just what the doctor ordered on those depressed days! :) I recommend this to anyone who loves to laugh.

Shar Toliver says

This book was a basic waste of time and money. The information/tips suggested by the author were outdated and impractical.

Cynthia Paschen says

"My girlfriend Nikki maintains there are only four windows of opportunity for making lifelong friends: high school, college, first job and pregnancy/new motherhood."

I agree with this to an extent. I made dear friends when I moved to new places, and when I took chances. I made some of my best friends 22 years ago when I started a book group. We are still together.

Nanettie says

To-read or got it down???

Cathy says

I love her guides to pregnancy and first year of motherhood. this one's about what to do when your kids are all in school. Judging from the rambling nature of this book I'd say she's still looking for her groove.
