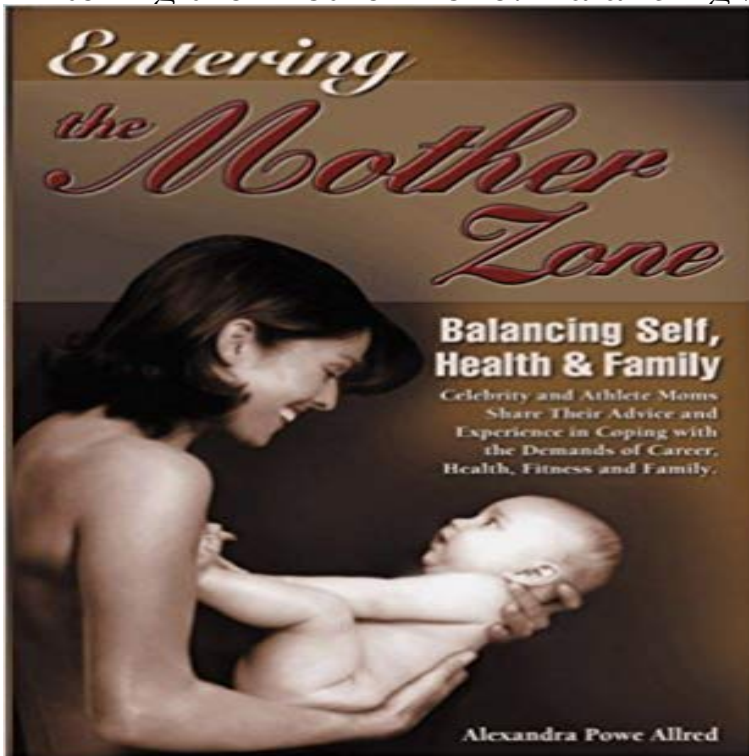


Entering the Mother Zone: Balancing Self, Health & Family



More than 100 celebrity and athlete moms share their problems and advice for coping with the demands of work, personal health and fitness and a family. When Bobsledder Alex Powe-Allred was writing *The Quiet Storm: A Celebration of Women in Sports* (Masters Press, 1998), she found that one subject kept more women talking than any others: their children. Who watched her children when she trained? How did she get back in shape after having a baby? How much did she train when she was pregnant? And what about Valerie Still, did she train when she was pregnant? Is it true that one of the U.S. Women Soccer team members brought her baby on the road with the team when they were training for the 1996 Olympics? And then Powe-Allred realized that if these women wanted to know how everybody else coped, well... so would the rest of us. As Valerie Still herself said, There ought to be a club for female athletes who are mothers. That's what this book is, the locker room banter of a club for mothers. Here's what happened to me and how I coped with it. Topics covered include training, breastfeeding, scheduling, diet, coping... all the things you always wondered if anyone else did or didn't do. You are no longer alone; this book is your exclusive guest pass to The Mother Zone.

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