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The Secret Diary of a New Mum Aged 43 1/4

Cari Rosen

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Whatever your age, becoming a mum for the first time brings with it excitement, anxiety and numerous challenges. But how do you cope when, to top it all, you discover you are old enough to be the mother of everyone else in your NCT group? The story of one woman, one new baby, a slipped disc and rather too many wrinkles, *The Secret Diary of a New Mum (Aged 43 1/4)* follows the tale of a midlife mum as she tries to make the transition from experienced TV producer to utterly inexperienced parent. One in five babies is born to a mum over 35, and the number of over 40s giving birth has doubled. The first humorous narrative account of what it's really like to be a midlife mum—whether it's deftly side-stepping any questions about age and baby number two or weeping as younger counterparts ping back into their size ten jeans within thirty seconds of giving birth—this is the thoroughly entertaining, insightful and often hilarious account of what happens as you face up to menopause and new motherhood at the same time.

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