



# **The Naked Mom: A Modern Mom's Fearless Revelations, Savvy Advice, and Soulful Reflections**

*Brooke Burke*

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Brooke Burke knows all too well that when raising four children, running a household, tending a relationship, building a multimillion-dollar business, and pursuing a television career, there's no room for pretense or posturing. Rejecting the idea that there's some simple step-by-step path to the Perfect Body, the Perfect Relationship, or the Perfect Career, she reveals the truths about motherhood with the sincerity that today's smart, sexy, and soulful moms need. Brooke lets readers know what really goes on behind the scenes of her surprisingly ordinary life as a celebrity mom, and how she manages to make it all work...on a good day!

From tips on caring for themselves, to her own stories about the missteps she's made as a mother, to advice on how to handle the tough emotional challenges moms face, Brooke paints an honest picture of motherhood that all women can relate to, insisting that it's not about being right or wrong-it's about being their authentic, naked selves.

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