



## My Baby & Me

By Sam Faiers

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For Sam Faiers life as part of the *TOWIE* cast, living it up Essex style, partying the night away is a distant memory but she wouldn't change it for the world. Since becoming a mom to Paul Jr her life has taken a magical turn, although at times it can be just as tiring and worrying, too . . . Now Sam invites her fans, fellow moms, or moms-to-be on an unforgettable journey through motherhood. Charting the highs and lows, she opens up about what being a mom is really like—from those treasured first cuddles and baby's first smile to dealing with leaking nappies and getting your body back in shape. Told in her no-nonsense, down-to-earth way, Sam reveals that while having a baby is the best thing that has ever happened to her, caring for something so small is tough and the pressures put upon modern day moms can be even tougher. As funny as they are emotional, Sam's experiences in this intimate read will offer comfort and advice to others, including her own healthy diet and fitness tips, while also opening up fans to a whole new side of Sam Faiers that even she didn't know before.

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## My Baby & Me By Sam Faiers Bibliography

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### Editorial Review

#### About the Author

**Sam Faiers** is a reality TV star, model, author, businesswoman, and mom. She starred in the hit show *The Only Way is Essex* and was a finalist on *Celebrity Big Brother*. She owns and runs Minnie's Boutique and also has her own range of beauty products. As well as appearing in her own six-part series on ITVBe *The Mummy Diaries*, Sam is a blossoming photographer and hosts her own YouTube channel.

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