



[Do You Have it in You?](#)

[andreamcmann](#) on Jun 22 2009 at 1:32 pm | Filed under: [Alison M Fadoul](#), [The Hot Mommy Next Door](#), [book reviews](#), [fitness](#), [health](#), [mothers](#)



Just the title of this book caught my eye. I *had* to find out what [The Hot Mommy Next Door](#) (Morgan James Publishing, 2009) by Alison M. Fadoul was all about! I'm always a bit leery when it comes to new fitness books or websites, because so many of them boast spectacular results in a very short time, and from my experience, that's just not realistic. It's my feeling that these outlandish claims are responsible for many, many people giving up on their fitness goals before they even get much of a start.

I'd heard good things about [The Hot Mommy Next Door](#), so I decided to take a look. And boy am I glad I did! Fadoul makes no outlandish claims, but offers sound advice and encouragement about nutrition, exercise, and lifestyle changes. She admits that it takes hard work and dedication to make your fitness goals a

reality, but also stresses that any mom *can* achieve her personal best, if she's committed to herself and the process.

I love that Fadoul's not a fitness "expert," just a regular SAHM who came up with her own system for achieving a phenomenal post-baby body, and wants to share it with any mama who's interested. Armed with knowledge from [The Hot Mommy Next Door](#), you'll learn how many calories you should be eating a day to achieve your weight loss goal, how to effectively compare nutrition labels, how to keep your car and pantry stocked with acceptable snack foods, how to deal with cravings without lingering guilt, and much more. And the book is short and simple enough that even the busiest mama can finish it easily in a few days.

My favorite part is the meal plan. The Smart Choices Eating Guidelines have allowed me to eat far less calories without really feeling hungry. I still struggle with cravings, but I'm working on it. The fact that the plan allows for one "cheat" meal a week really helps!

[The Hot Mommy Next Door](#) is no fad weightloss guide. It's filled with fundamental fitness and nutrition guidelines that will help you to make lifestyle changes, thus allowing you to get the body you want...and keep it!

Thanks to [The Hot Mommy Next Door](#) for this book review opportunity.

[The Hot Mommy Next Door](#) retails for \$14.95. Find at [Amazon](#) or [buy the Ebook](#).
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