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New & Notable

THE HOT MOMMY NEXT DOOR by [Alison M. Fadoul](#).

After the birth of her second child, Alison Fadoul said she wanted to take her fitness to a new level. Her own journey prompted her to write *The Hot Mommy Next Door* (2009, Morgan James Publishing) to help other mothers shape up after childbirth. A spinning instructor from Miramar, Fadoul also has a website and consulting service. "I'm not a celebrity. I'm just the mom next door with a story to tell that will hopefully touch and maybe even transform the lives of more than a handful of women," she says.