

SOUTH FLORIDA BARNES & NOBLE TO HOST BOOK SIGNING FOR BESTSELLING AUTHOR OF *THE HOT MOMMY NEXT DOOR*

“America’s #1 Mom Motivator”, Alison M. Fadoul, to be at the Pembroke Gardens Barnes & Noble, Wednesday, March 4, signing her highly anticipated new book, *The Hot Mommy Next Door*.

FOR IMMEDIATE RELEASE

MIAMI, FLORIDA – FEB. 24, 2009– Bestselling Author, Alison M. Fadoul will sign copies of her newly released book, *The Hot Mommy Next Door: A Quick, Easy, and Effective Way to Drop Your Baby Weight and Achieve Your Personal Best After Pregnancy*, at the Pembroke Gardens Barnes & Noble on March 4, 2009 in Pembroke Pines, Florida.

The Hot Mommy Next Door (<http://www.thehotmommynextdoor.com>) “educates new moms on the right blend of nutrition and fitness needed to get their bodies back into shape” says Kristi Kreuger of Local 10 News. Alison’s book maps out a blueprint for success and takes the guesswork out of making smart choices both of what moms need to put into their mouths and of how often and how much they need to exercise in order to achieve their personal best body after pregnancy.

A portion of the proceeds from the purchase of every copy of *The Hot Mommy Next Door* will benefit Sunset Lakes Elementary School during the event!

Event Details

Date & Time: March 4, 2009, 5:30pm-8:30pm
Location: Barnes & Noble Booksellers - <http://www.barnesandnoble.com/>
Address: The Shops at Pembroke Gardens
14572 SW 5th Street
Pembroke Pines, FL 33027
954-437-7078

Alison M. Fadoul is a certified SPINNING® instructor and founder of the Hot Mommy Next Door, a web source and consulting service for mothers of newborns and young children. She holds a Bachelor’s degree from Florida State University and a Master of Science degree from Nova Southeastern University. She has successfully helped other moms drop their baby weight and achieve their personal best. To learn more please visit: www.thehotmommynextdoor.com.

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Book Details

Title: The Hot Mommy Next Door: A Quick, Easy, and Effective Way to Drop Your Baby Weight and Achieve Your Personal Best After Pregnancy
Author: Alison M. Fadoul
Publisher: Morgan James Publishing
Website: www.thehotmommynextdoor.com
ISBN-10: 1600375545
ISBN-13: 978-1600375545
Non-Fiction; 142 pages; Dimensions: 8.9 x 6 x 0.6 inches