



Diary of an Angry Pregnant Woman: The Emotion and Drama Behind one of the World's Fastest, Most Controversial, and Unbelievable, Postpartum Transformations

Traci Thomas

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The fastest postpartum snap back story ever! When Traci Thomas's boyfriend abandoned her and their unborn child, Thomas wanted to get even. Four weeks after the birth, she'd lost over fifty pounds. Within eight weeks, she had the muscle tone of a fitness model. Photos of Thomas's amazing transformation went viral, and soon Fox News called for an interview. She starred in fitness infomercials. She was an Internet star.

Thomas's smiling face in the photos of her remarkable, yet dangerously fast, postpartum recovery hid the sad truth: Thomas was depressed and angry. For years, she'd cycled through bad relationships. Through it all, she continued improving her own personal fitness, and became a successful personal trainer. It was the ultimate heartache, however, that pushed her to the breaking point. The physical and emotional pain she endured recovering her prebaby body ignited her career and gave her the strength to finally find personal fulfillment.

Diary of an Angry Pregnant Woman is the story of how one woman channeled her frustration into real change. Part memoir, part guide to postpartum recovery, Thomas's story will inspire women everywhere to reclaim their emotional and physical health.

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Raymond Levine:

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