



## The Yummy Mummy

*Polly Williams*

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## **The Yummy Mummy** Polly Williams

In the tradition of *Little Earthquakes*, *Babyville* and *I Don't Know How She Does It* the effervescent, canny, and downright delightful debut of Polly Williams, a spirited new voice in women's fiction. Amy Crane's daughter, the exquisite and sweet-tempered Evie, is six months old. Any Amy -- who's trying to decide whether to resume her high-pressure job in PR -- adores her. But these days, Amy doesn't exactly adore herself.

Even worse, the whole time she's feeling invisible and about as attractive as a barnyard animal, Amy suspects that Evie's father, Joe, is having an affair. Then Amy meets Alice, who seems to have this mommy thing down: She's single-girl-slender, for one thing, with groomed eyebrows, a smooth forehead, and killer clothes. Plus she has a sex life. In short, she's a Yummy Mummy, one of a new breed who manage to make motherhood look positively sexy. Under Alice's tutelage, Amy discovers that she's got some yumminess of her own. Joe takes notice, as does her handsome Pilates instructor. But once Amy's libido awakens from its extended slumber, a whole new set of problems develops.

Filled with acute perceptions of the challenges faced by new moms, as well as the uniquely terrifying landscape of new motherhood, *The Yummy Mummy* is as endearing -- and as refreshing -- as a baby who sleeps through the night.

## **The Yummy Mummy Details**

Date : Published January 2nd 2007 by Hyperion Books (first published 2006)

ISBN : 9781401302313

Author : Polly Williams

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## From Reader Review The Yummy Mummy for online ebook

### **Kat says**

This was a good book, it had humour and it had something that everyone can relate to, whether it being a new mum or not being happy with your image or lifestyle and wanting to change who you are. My favourite character was Nicola, as she seemed really grounded and caring but very assertive when it was needed. This is my third book read my Polly Williams, and it won't be my last. The only negatives I found in the book was that - it was slightly predictable and some of the story wasn't needed.

I will definitely read more books from Polly Williams. And this did have something I like in books, which is reading about women becoming mums or being a mum.

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### **Angela says**

I started reading this book for my book club, and initially thought it was pretty typical british chick lit. However, there is an actual story line to follow, and being a new mummy myself, I could relate to the psyche of the main character. Overall, an engaging, quick read.

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### **Dee says**

I picked this from a small library for escapist fun and it did not disappoint. I'm very fond of books set in England. The only lost mark is for some predictability. You really can't begrudge Polly Williams that: it was best for her character. I was almost about to dock Ms. Williams another star for being so thin and gorgeous on her jacket photo, but I couldn't. She writes with such rawness and honesty about the vicissitudes of a new mother's body that I loved her anyway for the compassionate rendering.

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### **Myndi says**

This book is a great read for anyone who has gone through the life altering event of being pregnant. It grasps expertly the feeling of your body not being your own anymore, even after having the baby. It shows how the mother can often times feel invisible after having gone from her own person to someone that another human so totally relies upon. It dragged me in and I was held captive until the very last page.

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### **Sanae says**

The book was fine; nothing special, except for the glimpses into my... I mean Amy's... life right before/after her baby is born. The insecurities, weight gain/loss, struggle of self identity are all there in black and white. I think I was expecting more, so I was just a little disappointed.

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### **Yoli says**

My review of this book is this. Knowing yourself is difficult after being defined as a "mother". I think the main character got lost. And although I don't identify with the fact that she completely sold her soul for a pair of designer shoes, I think that every mother goes through that period where they compare themselves to other mothers. And unfortunately this particular mother got lost in silliness of how she should look and less about her family. I liked it... puts in in perspective.

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### **Az says**

this is one of the ugly side effects of working in a library. you scan things in and every so often you go "oh, this looks interesting." not to mention, if you check it out, it's one less thing you have to shelve. sometimes this is a good thing, sometimes it becomes a horrendous mistake. guess which one this was.

i have no pity for emotional wrecks, mostso those whose major regret is not being able to fit into her "skinny" jeans. there were a few good attempts to take about class, but they refused to flesh out and say anything meaningful. and another personal opinion, because this is my review now, isn't it-- if joe was such a good man, why did he keep on storming out angry. he argued with his girlfriend, but in the process repeatedly walked out on his child. no love for you man, no love.

and yet they live happily ever after in a world of blissful understanding.

why didn't the friend with fertility troubles think about adopting?

okay, okay, you caught me. i was hoping for sex trash. it's called "yummy mummy" after all. you could write about this as a societal reflection about mothers and young children (particularly with references to the idea of a working mother), but i'll leave that to you. because i've spent too much time on this as it is.

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### **Sara - Book Happy Girl says**

I really enjoyed this book, and perhaps really enjoyed it because it a new mother coming to terms with her new life, which is something I can relate to. It was easy to read and I could not put it down.

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### **Amy says**

This is another one of those books on women who can't handle motherhood, let themselves go. It was an okay read, but just didn't keep my attention the way some other takes on this topic have done before.

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### **Mayda says**

This somewhat racy romance does have a couple of unexpected twists in it. Amy's daughter is now six months old but Amy and her boyfriend Joe have not settled into a happy, routine life yet. In fact, they are definitely not on the same page when it comes to their expectations. Evie does not sleep through the night, Amy feels frumpy, Joe is busy with his work, and both are always tired. Joe does not approve of Amy's friends, and Amy is fearful that Joe finds her unattractive and is seeking affection elsewhere. Whew! And

that's just the beginning! Amy is a bit whiny, and Joe is mostly right about her friends. Not a great cast of characters, and really, some open communication would have helped tremendously. The second half of the novel is far better than the first, and the characters do show some maturity before the story ends. This story is good for a summer beach read, if you just want to while away a few hours.

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### **Laura says**

In "The Yummy Mummy" by Polly Williams, Amy Crane tells her story of young motherhood in London, England. We join her life in a prologue when she, still pregnant, gets a mis-text from her significant other, Joe,...and after slogging her way to the park to (she thinks) meet him for lunch, instead she sees him in the distance, strolling comfortably close with another woman. Distraught and unsure what to think, she catapults through delivery and into the sleep deprived days of early motherhood. She contemplates confronting Joe, but is afraid he will call her bluff, and leave...destroying the tiny family she is attempting to create. So instead she dives into the world of being a mummy...but loses herself in the process.

Polly does a great job of realistically showing Amy's struggle to reinvent herself as a mother, but still a women with a life (complete with a decent figure, pride, an enviable wardrobe, and a social life). She also adroitly shows how Amy has been influenced by her parent's divorce when she was a school age child. I feel that the majority of people in my generation have divorced parents (myself included--I was 6), and we are now carving our own path as adults learning to love without a blueprint from our parents to guide us. I think Amy "gets it" in the end though. After all, there are no perfect people, and there are no fairytale endings. All we can do is be kind to each other, communicate as best we can, and fight for those we hold dear. Oh, and laugh. Never forget to laugh :)

Given 3.5 stars or "Very Good". Recommended for those who like lighter reads that still have great dialogue and a good story arc.

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### **Akire says**

New mummy overwhelmed with child, boyfriend and life. Trying to maintain the status quo and ignoring her own fears and feelings. Through a path of self improvements and discovery she discovers peoples true identities...including her own.

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### **Charity says**

Amy tries to adjust to the challenges of new motherhood while getting her pre-mommy body back and keeping her relationship in tact. However, her boyfriend is getting more than a little irritated with her new ways and her new friends. Amy doesn't know where to turn or who to trust. Very good story. Keeps you hooked.

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### **Natalie Cresswell says**

Took a while to get into it and then when I did the ending was predictable and like the writer had just come

to a stop and decided not to carry on.

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### **Laura says**

I hated it because the main character seems to sell her soul and her relationship for the approval of a horrible woman. I couldn't relate to her at all.

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