

# WORKING MOTHER

FAMILY-FRIENDLY  
COMFORT FOOD

FEBRUARY/MARCH 2006 [www.workingmother.com](http://www.workingmother.com) THE ART OF MAKING IT WORK

## OUR LOVE ISSUE

HOW I MET  
MY SOULMATE

THINGS WE ♥  
(like cashmere)

MOMMY MEMORIES

●● **Curb Those Cravings** Next time you're stuck in a meeting or in traffic, munch on a Bellybar. These clever new nutrition bars for expecting and new moms are yummy but not too vitamin-y, which can trigger or aggravate nausea if you're already feeling queasy. They also contain omega-3 and omega-6 fatty acids, folic acid, protein and other great pre- and postnatal nutrients (\$2.50 each, [www.nutrabella.com](http://www.nutrabella.com)).



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# 28 STRESS BUSTERS

