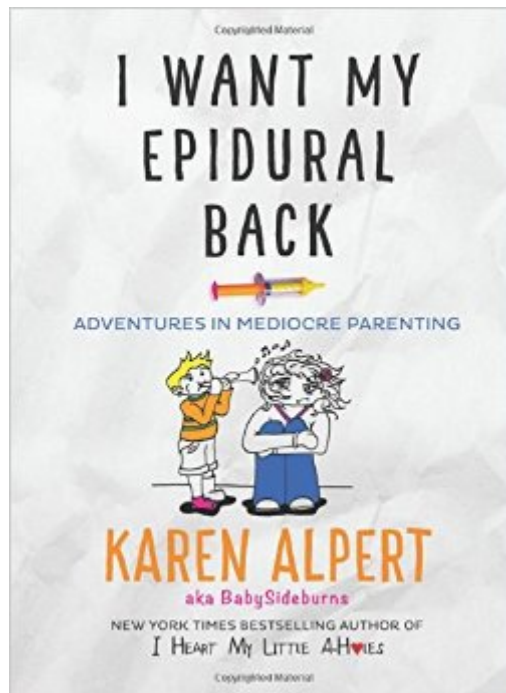


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# I Want My Epidural Back: Adventures In Mediocre Parenting



## Synopsis

Now that I'm a mom, I know the most painful part isn't getting something giant through your hooha. It's having a real live child. If you are the kind of mom who shapes your kiddo's organic quinoa into reproductions of the Mona Lisa, do not read this book. If you stayed up past midnight to create posters for your PTO presidential campaign, do not read this book. If you look down your nose at parents who have Domino's pizza on speed dial, do not read this book. But if you are the kind of parent who accidentally goes ballistic on your rugrats every morning because they won't put their shoes on and then you feel super guilty about it all day so you take them to McDonald's for a special treat but really it's because you opened up your freezer and panicked because you forgot to buy more frozen pizzas, then absolutely read this book. *I Want My Epidural Back* is a celebration of mediocre parents and how awesome they are and how their kids love them just as much as children with perfect parents. Karen Alpert's honest but hilarious observations, stories, quips and pictures will have you nodding your head and peeing in your pants. Or on the toilet if you're smart and read it there.

## Book Information

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[Entertainment > Humor > Parenting & Families](#) #94 in [Books > Parenting & Relationships >](#)

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## Customer Reviews

Mayyybe 4.5 stars, but I'm rounding up because this book showed me that Karen Alpert is not a one-hit wonder. In fact, if she writes anything else I plan on snapping it up and reading it. And the reassurance I got from her second book being just as good as her first made me round up the extra half a star. This book is hi-lar-i-ous (did I hyphenate that correctly?). I laughed out loud so often that

it surprised me; one section made me laugh until tears were streaming down my face (the PB&J section, which my husband did not find \*nearly\* as amusing as I did). This author is brutally honest about parenting, and as a stay at home mom, I find it refreshing that someone writes so directly about the crap (often literally) that we deal with day after day. There's something to be said about wanting to be the best parent possible while still maintaining your sanity, and too often people don't want to admit that that's a delicate balance. An excellent book. \*So\* funny. I don't buy as many books as I did before having kids (diapers are expensive, man!), but I don't regret preordering this one. Read it if you have kids, or buy it for a friend who does. Or read it and applaud/sympathize-with your friend with kids.

I laughed and cried reading Karen's first book (which I ordered for all of my momma friends, it was that great) - Thank god I follow her blog to know about it or I never would've been able to laugh so hard (that I pee my pants a little) at so much relatable parenting feelings and antics. Karen is real - says it like it is. Says things that we all want to say that maybe we don't want people to hear. Karen is going to make Parenthood great again! Haha! I just got I Want My Epidural Back today, and I can't put it down. Being a mother (and I'm a sole-single one), it's so great to be able to laugh about the things that could otherwise drive us batty insane!

I wanted to read this SOOO badly that I did something I never ever do... I plopped my kid in front of Caillou (yep, that whiney little brat) for a couple episodes while I indulged and laughed my ass off. Thank you so much Baby Sideburns (Karen) for being so awesome and writing another gem. I will be sure to pass it along to my kids when they have crotch muffins of their own. You are so relatable and genuinely a wonderful, mediocre mom. We love you.

A wonderfully funny and relatable book about what parenting is really like. It's not for the mom who is always striving to be perfect but rather the mom who is the perfect mom for her kids-the mom who knows how to laugh at her mistakes and frustrations-the mom who loves her kids and would put her life on the line for them but also occasionally wants to murder them-the mom who dreams of the day when she no longer has to share her bed with tiny rugrats that expand in their sleep but at the same time can't imagine how she will survive the day when the snuggles stop. This is a book for moms (well I guess dads too because my hubby laughs at the parts that I read him) who need a boost and a giggle because being a mom is damn hard!

Honestly I was a little let down by this book. I found it when searching for a humorous title. I am a mother of 4 and do find lots of humor in lots of things. So does this author, yet certain aspects are kinda dark. She writes like every one is judging her and she is the worst mom ever, yet I'm sure she's not. She is funny, for sure, but funny enough to be one I find immediately in the humor section? no. She skips around a lot. It is more like a treasure of funny moments, or ah-ha moments, and not-caring times compiled. I was expecting an actual book with beginning, middle and end, including a plot. Maybe a fun book for a here or there pick up to make you feel more like a better mom than you imagine, but not something I'd consider a valuable, hearty read.

This book is HILARIOUS and a must-read for any and every parent. I highly recommend this to everyone and plan on buying more to give as gifts to new parents. You won't be disappointed but be prepared for a quick read and not ever wanting to put it down. Also, grab tissues because there's a pretty good chance you'll be laughing until you cry.

Flippin awesome! Read it in 2 days, which is a new record for me as I barely have time to poop! Karen is awesome! This book is awesome and it gives us mediocre moms something to be proud of....Being #1,462,894th Mom in the world! HA! A must read for the awesome mom's that don't take parenting crap too seriously!

I just had my second kid and barely have time to do anything for myself; I read this whole book on the Kindle app on my phone while I was nursing. Amazing. It made me laugh and feel so good about myself. Thanks for the hilarious writing and great entertainment. Telling all of my friends about this book!

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