



Instant Mom

Nia Vardalos

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"Some families are created in different ways but are still, in every way, a family."

Writer and star of *My Big Fat Greek Wedding*, Nia Vardalos firmly believed she was supposed to be a mom, but Mother Nature and modern medicine had put her in a headlock. So she made a choice that shocked friends, family, and even herself: with only fourteen hours' notice, she adopted a preschooler.

Instant Mom is Vardalos's poignant and hilarious true chronicle of trying to become a mother while fielding nosy "frenemies" and Hollywood reporters asking, "Any baby news?" With genuine and frank honesty, she describes how she and husband Ian Gomez eventually found their daughter . . . and what happened next. Vardalos explores innovative ways to conquer the challenges *all* new moms face, from sleep to personal grooming, and learns that whether via biology, relationship, or adoption—motherhood comes in many forms.

The book includes laugh-out-loud behind the scenes Hollywood anecdotes, plus an Appendix on how to adopt worldwide. Vardalos will donate proceeds from the book sales to charities.

Vardalos candidly shares her instant motherhood story that is relatable for all new moms (and dads!)

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