Gmail

Alexandra Frost <alexfrost@frost-freelance.com>

💥 OMG we almost hit a million!

1 message

Dr. Whitney @ Modern Mommy Doc <support@modernmommydoc.com> Thu, Dec 21, 2023 at 2:58 PM
Reply-To: "Dr. Whitney @ Modern Mommy Doc" <support@modernmommydoc.com>
To: alexfrost@frost-freelance.com

MODERN MOMMY DOC

Hi, Mama!

A super duper viral Instagram post (almost a MILLION VIEWS!), a new blog about radical acceptance and how to make changes in your life that actually last. We can't wait to share what's going on at Modern Mommy Doc.

Cheers, Mama!



01

We went completely viral!



FEATURED POST

Why Doing it All Doesn't Work

890k views, 36k likes, and 6k shares don't lie.

WATCH NOW

02

New Blog Post



BODY LOVE

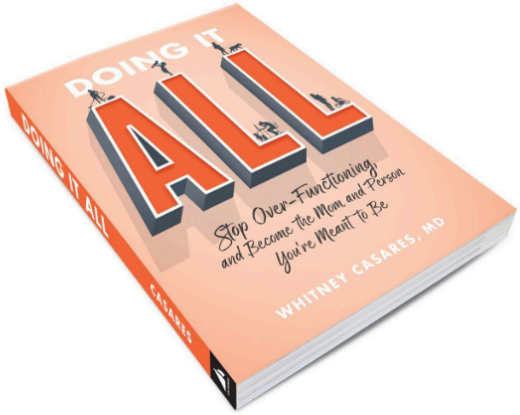
New Year, Same Me

Where does that leave me as I try to make changes?

READ NOW

The year may soon be 2024, but I'll still be the same person. Where does that leave me as I try to make changes professionally and personally?

03



BOOK RELEASE

Free Bonus

Pre-Order Now, Get a FREE 1:1 Consultation with Dr. Whitney

PRE-ORDER

Discover how to stop doing it all and start doing what matters with this step-by-step guide to beating burnout and thriving as a working mom.

I'm with you this week and always,

Dr. Whitney



Whitney Casares, MD, MPH

Founder & CEO

Author of Doing it All

Host of the Modern Mommy Doc Podcast

Founder of the Modern Mamas Club App

Unsubscribe or Manage Preferences here. No hard feelings!

Made with love in **flodesk**