

AMANDA TICE

THE NEW MOM CODE

Shatter Expectations and Crush It at Motherhood

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Bio

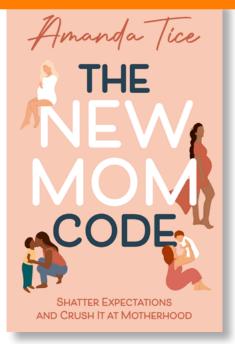
Amanda Tice is a successful curve model who has worked the past twelve years for and with well-known retail clients such as Nordstrom, Target, Saks, and Hanes. Since becoming a mom, Amanda has built on her background in Comparative Human Development to lead a mom revolution aimed at helping mothers tap into their inner wisdom and uncover hidden truths about motherhood to thrive postpartum and beyond.

Questions to Ask Amanda

- What are the stages of self-transformation when becoming a new mom?
- What was your personal journey with body dysmorphia and body positivity?
- What is the science behind postpartum norms?
- What have you learned in your motherhood journey so far?
- How have you coped with mama burnout?
- How did you become a curve model when it wasn't common in the industry?
- What was it like to model for Heidi Klum's swimsuit line soon after having a baby?
- What is The New Mom Code, and why did you decide to write this book?

Fun Facts

- ► The New Mom Code achieved #1 New Release on Amazon Kindle in Parent's Health & Nutrition.
- Amanda has modeled for JCPenney with her son, George, but her husband hates being photographed.
- Amanda made her best mom friend at a prenatal yoga class.
- Amanda has moved 5 times in the past 4 years.
- As a model, Amanda has worked with with the Kardashians, Jennifer Lopez, and Heidi Klum.



#1 AMAZON NEW RELEASE

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