

Mariah Carey Says Pregnancy Was Hard

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Mariah Carey, a mom and wife, shared with “Shape” magazine – and “RadarOnline.com” the challenges of pregnancy and becoming a mother.

She admitted she gained 70 pounds and felt like she was carrying the world in her womb. But in the end, it was all worth it.

“Pregnancy was probably the best and the hardest thing I’ll ever go through,” Carey said. “I know for a lot of women, it can be wonderful and relatively easy. But for me, it was like, ‘Okay, honey, do you have to do everything the hard way?’”

“I felt like I was nine months pregnant the whole time I carried them.”

After it was over, the star was ready to get back into her trim body and lost 30 pounds with Jenny Craig.