

Download Ebook Pregnancy The Best Pregnancy Handbook For First T

## **Pregnancy The Best Pregnancy Handbook For First T**

From the #1 website and lifestyle destination for pregnant women and new moms, The Bump, this portable paperback offers every list, every question to ask, and tip that moms-to-be need to plan and prepare for baby's arrival. The Bump is the most trusted site for moms-to-be and new mothers, and now, Carley Roney and the editors of The Bump present the essential collection of checklists, timelines, and other organizational tools for the nine

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months before, and the weeks right after, baby's birth. The Bump Book of Baby Lists covers the practical and fun details of every month of pregnancy, including the questions to ask your doctor, what you need for the nursery, how to set up a birth plan, and more. With lines for jotting notes on the go, this portable paperback travels everywhere with the parents-to-be, making the what-to-do, how, and when of pregnancy planning much less stressful.

The second book in the Dr. Spock Take Charge Parenting Guides, crafted by the Dr. Spock Co.,

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Take Charge of Your Pregnancy contains all the essential information on pregnancy and fetal development in one clear, concise volume.

Pregnant? Congratulations! Now let an expert guide you through this exciting time. Pregnancy is a time of powerful emotions, dramatic changes, and plenty of questions. Noted obstetrician Marjorie Greenfield, MD, one of the new team of medical experts at The Dr. Spock Company, has written this authoritative book to answer all your questions and help ensure a happy, healthy pregnancy. Dr. Spock's Pregnancy Guide will take you month by month through the

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thrilling journey to parenthood, with special focus on how to: -Follow the development of your growing baby -Find the right obstetrician or midwife -Deal with common symptoms and problems -Plan the kind of childbirth experience you want -Get good care every step of the way, and more For more than 50 years, Dr. Benjamin Spock was the world's best-known pediatrician. Drawing upon his trusted philosophy of baby and child care, a new generation of experts at The Dr. Spock Company brings today's moms and dads the latest in parenting, child-health, and pregnancy information. Be sure to pick up Dr.

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Spock's Baby Basics, the first book in the Take Charge Parenting Guides series.

Offers more than nine hundred practical tips from sixty doctors who are also mothers and includes when-to-call-the doctor sidebars and product recommendations.

This indispensable book explores the emotional, financial, and even physical changes the father-to-be may experience during his partners pregnancy.

Written in an easy-to-absorb format and filled with sound advice and practical tips for men on such topics as how to make sense of your conflicting

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emotions, how pregnancy affects your sex life, and how to start a college fund, this volume reassures, commiserates, and informs. It also incorporates the wisdom of top experts in the field, from obstetricians and birth-class instructors to psychologists and sociologists. This new edition features the latest research on many topics, from the reasons for premature birth to nutritional supplements. The finances section has been updated; advice for expectant adoptive fathers has been added throughout; information for fathers expecting twins and other multiples is included; and the resources

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section and bibliography have been considerably expanded. Illustrated throughout with New Yorker-style cartoons that will make even the most anxious father chuckle, this book is the essential reference for all expectant couples.

We're Pregnant! the First Time Dad's Pregnancy Handbook

Pregnancy

A Month-by-month Guide

Hypnobirthing

Sacred Pregnancy

The Girlfriends' Guide to Pregnancy

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How to cope with pregnancy number two and create a happy home for your firstborn and new arrival  
Revised and updated in 2020 The creator of Twiniversity delivers an essential update to her must-have manual to having twins, now with expanded info on twin pregnancy and tandem breastfeeding, and advice on the best gear to help save your sanity. With almost two times as many sets of twins today as there were forty years ago, What to Do When You're Having Two has quickly become the definitive resource for expectant and new parents of multiples. A mom of fraternal twins and a world-renowned expert on parenting multiples, author Natalie Diaz launched



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Twiversity, the world's leading global resource for twin parenting information and support online. Now, with her expanded edition of *What to Do*, she includes new information on breastfeeding, gear, sleep, and having two when you already have one, as well as:

- creating your twin birth plan,
- maintaining a realistic sleep schedule,
- managing tandem breastfeeding,
- stocking up on what you'll need (and knowing what high-tech products are now available and what's a waste of money), and
- building a special bond with each of your twins.

Accessible, informative, and humorous, *What to Do When You're Having Two* is the must-have manual for every parent of twins.

A revised and updated edition of the classic handbook

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for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Over the last two decades, The Natural Pregnancy Book has ushered thousands of women through happy and healthy pregnancies. Addressing women's health from conception to birth, Dr. Romm describes herbs that can promote and maintain a healthy pregnancy, and allays such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is integrative health advice based on Dr. Romm's new credentials as a Yale-trained physician, combined with

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her twenty years of experience as a midwife and herbalist.

The Ultimate Guide to Pregnancy for Lesbians covers everything you need to make the thrilling and challenging journey to motherhood: from choosing a donor to tracking fertility to signing the right papers on the dotted lines. Rachel Pepper's lively, easy-to-read guide is the first place to go for up-to-date information and sage advice on everything from sex in the sixth month to negotiating family roles. Why a second edition? When the acclaimed first edition appeared, the author's daughter was only a few months old. This new edition takes into account the parenting know-how Pepper has developed over the intervening six years,

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as well as the evolving legal status of lesbian parents, and the increasing importance of the Internet for information on fertility, sperm banks, and donors. The resource section is greatly expanded, as are the sections on each trimester of pregnancy, on childbirth, and on life with a newborn. And Pepper provides more insight into preconception planning for both single lesbians and couples. An indispensable resource, *The Ultimate Guide to Pregnancy for Lesbians* is now bigger and better.

A candid, feminist, and personal deep dive into the science and culture of pregnancy and motherhood Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a

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placenta and how does it function? How does a body go into labor? Why is breast best? Is wine totally off-limits? But as she soon discovered, it ' s not easy to find satisfying answers. Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and cultural attitudes that surround motherhood to find answers to questions that had only previously been given in the form of advice about what women ought to do—rather than allowing them the freedom to choose the right path

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for themselves. In *Like a Mother*, Garbes offers a rigorously researched and compelling look at the physiology, biology, and psychology of pregnancy and motherhood, informed by in-depth reportage and personal experience. With the curiosity of a journalist, the perspective of a feminist, and the intimacy and urgency of a mother, she explores the emerging science behind the pressing questions women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what 's really happening during those nine life-altering months, and why women deserve access to better care, support, and information. Infused with humor and born out of awe, appreciation, and

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understanding of the female body and its strength, Like a Mother debunks common myths and dated assumptions, offering guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives.

What No One Tells You

The whole nine months

Mayo Clinic Guide to a Healthy Pregnancy

Expecting Better

A Modern Guide to Pregnancy, Birth, Early

Motherhood—and Trusting Yourself and Your Body

Eating for Pregnancy

9 Healthy Habits to Empower You in Pregnancy, Birth, and Recovery

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**Have a safe, healthy, and comfortable pregnancy. Written by two physical therapists with over twenty years of combined experience helping women ease sore feet, aching backs, incessant peeing, and many other uncomfortable conditions, Your Best Pregnancy provides simple solutions and easy exercises to help women feel their best from head to toe. Through detailed photographs, illustrations, and down-to-earth advice that is both medically substantiated as well as easy to understand, you will learn how to: Treat the most uncomfortable symptoms during pregnancy, such as back and shoulder pain, bladder issues, night cramps,**



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**sciatica, swelling, and varicose veins. Maintain a healthy pregnancy, even while on bed rest. Correctly strengthen the pelvic floor and core to prevent diastasis recti. Nurse, lift, and care for a baby (or babies) using proper body mechanics to avoid strain and injury. "Your Best Pregnancy is fun, interesting, and supportive. It feels like sitting down with a knowledgeable and trusted friend to talk about all the challenging and usually-not-discussed issues of pregnancy. We keep a copy at our practice to offer advice to patients." óMARC LEVIN, MD, FAMILY PHYSICIAN, MATERNITY CARE COORDINATOR, INSTITUTE FOR FAMILY HEALTH**

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**"A must read if you're pregnant or just had a baby and wonder why your body feels the way it does!... A perfect go-to book for every pregnant woman, whether it's your first or fourth pregnancy."**

**óSTACEY J. FUTTERMAN, PT, MPT, WCS, BCB-PMD, OWNER OF 5 POINT PHYSICAL THERAPY PLLC IN NEW YORK CITY "Your Best Pregnancy is like having two best friends on speed dial who just happen to also be physical therapists, and in Hoefs' case, an experienced mom. They give new and professional mothers the scoop on all things health, with an approachable helping of medical knowledge and a touch of sass."** óLESLIE GOLDMAN, MPH,

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**WOMEN'S HEALTH WRITER,  
LESLIEGOLDMANWRITES.COM**

**Offers a reference guide to pregnancy and childbirth, discussing morning sickness, back pain, gestational diabetes and breast-feeding with a week-by-week guide to changes in both mother and baby. Original.**

**PREGNANCY is that wonderful occasion in life, too precious to be disrupted by irrational fears or unnecessary apprehensions caused by the lack of simple, reliable information. This book will tell you all about childbirth, answering questions about weight gain, proper diet, exercises, breathing**

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**patterns, positions to adopt during labour, and postnatal care of both yourself and the baby.**

**Scientific and reliable, the book also offers invaluable, time-tested home remedies.**

**Available for the first time in full color, the up-to-date and authoritative pregnancy guide that has sold 1.5 million copies--by recognizing that "one size fits all" doesn't apply to maternity care Parents love this book because it puts them in control; experts love it because it's based on the latest medical research and recommendations from leading health organizations. Pregnancy, Childbirth, and the Newborn provides the information and**

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**guidance you need to make informed decisions about having a safe and satisfying pregnancy, birth, and postpartum period--decisions that reflect your preferences, priorities, and values. Unlike pregnancy guides that can overwhelm and alarm by telling you up front all the things that can possibly go wrong, this book first describes normal, healthy processes, their typical variations, and the usual care practices for monitoring them. Only then does it cover possible complications and the care practices and procedures for resolving them. Throughout, the presentation is crystal-clear, the tone is reassuring, and the voice is empowering.**

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**And the language is inclusive, reflecting today's various family configurations such as single-parent families, blended families formed by second marriages, families with gay and lesbian parents, and families formed by open adoption or surrogacy. From sensible nutrition advice to realistic birth plans, from birth doulas when desired to cesareans when needed, from reducing stress during pregnancy to caring for yourself as well as your baby after birth, this pregnancy guide speaks to today's parents-to-be like no other.**

**A Feminist Journey Through the Science and Culture of Pregnancy**

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**The Pregnancy Handbook for Indian Moms**  
**An All-Canadian Guide to Conception, Birth and Everything in Between**  
**Pregnancy For Men**  
**Day-By-Day Pregnancy Book The**  
**Your Complete Guide to a Safe, Organic Pregnancy and Childbirth with Herbs, Nutrition, and Other Holistic Choices**  
**A Week-by-Week Guide from Conception Through Baby's First 3 Months**  
*The ultimate pregnancy book from one of India's top gynaecologists You've decided to have a*

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*baby—and for the next nine months your questions won't stop. One of India's top gynaecologists and obstetricians—and a country specialist in managing high-risk pregnancies—has written the ultimate pregnancy book that covers every issue, answers all your questions and tells you exactly what to expect.*

- How to prepare your body for pregnancy*
- A trimester-wise account of what happens to your body, and what symptoms to look out for*
- All the tests for each trimester*
- What to eat and how to exercise*
- Falling ill during pregnancy*
- Dealing with high-risk pregnancies—including first-time*



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*older mothers • Labour and childbirth • What you should be asking your doctor Writing in a tone that is warm, humorous, clear and no-fuss, Dr Salvi will lay all your anxieties and every question to rest. So you can put your feet up and enjoy those nine months! [www.drcorp.org](http://www.drcorp.org)*

*Covers topics ranging from the emotional effects of pregnancy and bodily changes to fetal development and what to expect during delivery The essential pregnancy guide for the modern woman The vast amount of information in encyclopedia-sized pregnancy books for first-time*

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*moms can be overwhelming and anxiety inducing. The First-Time Mom's Pregnancy Handbook is different. Including need-to-know advice relevant to the majority of women and pregnancies. This week-by-week guide will prepare and empower you during pregnancy and beyond. In the world of pregnancy books for first-time moms, this one is a go-to. With weekly goals you can focus on, including nutrition and milestone trackers, questions for OB-GYNs or midwives, and tips on caring for your newborn, you'll be more than prepared for the big day. This standout among*

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*pregnancy books for first-time moms delivers: 40+ weekly milestones--From conception through the first few months of baby's life, set and accomplish goals based on your weekly priorities and needs. Baby and mom stats--Of all pregnancy books for first-time moms, this one offers a week-by-week rundown of your baby's development, symptoms you may be experiencing, major appointments, and more. Postpartum prep--Tips for focusing on your emotional health, healing your body after childbirth, taking care of your newborn, and thriving as a new mother. When you're thinking*

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*about pregnancy books for first-time moms, think about this one.*

*Follow your pregnancy journey every single day with this unrivalled book, now fully updated to reflect the latest changes in medical practice. No other pregnancy book provides this level of detail, allied with extraordinary photographs, 3D scans and illustrations that reveal in unprecedented clarity exactly what is happening to you and your baby every day. The book also covers labour, birth and the first two weeks of your baby's life. Carefully updated with the help of Australian obstetrician,*

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*Professor Jonathan Morris, The Day-by-day Pregnancy Book will become your pregnancy bible. The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth*

*The Best Pregnancy Handbook for First Time Moms and Dads*

*How to Stay Sane and Care for Yourself from Pre-conception Through Birth*

*50 Things to Do Before You Deliver*

*A Loving Guide and Journal for Expectant Moms*

*The Pregnancy Book for First Time Moms*

*Month to Month*

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*Now completely revised and updated, the classic guide that helps mothers- and fathers-to-be conceive more easily and boost the odds of a healthy pregnancy Covering preconception and interconception (between-pregnancy) well-being for women and men, Amy Ogle and Lisa Mazzullo draw on new research from their complementary fields of expertise and reveal how good preconception health can lower the risk of pregnancy complications and improve lifelong health. Why a ninety-day guide? It takes that long for sperm to mature, and at least that much time for the prospective mother to ensure that her body becomes*

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*pregnancy-ready. In a warm, intelligent style, the authors address up-to-date topics such as age, heredity, vaccinations, supplements, and weight. In easily accessible chapters, this guide covers such topics as • Nutrition: meal makeovers plus new facts (and fiction) about fish, omega-3s, vitamins, and herbs • Personal readiness: how to assess emotional, financial, and physical readiness, including a preconception-friendly exercise program, plus advice for avid athletes • Becoming an informed patient: choosing a doctor, insurance coverage, baby-friendly medications, and the latest genetic screening*

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*guidelines • Women's health: expanded coverage of gynecologic and medical conditions affecting fertility and pregnancy (including bariatric surgery and physical disabilities), and steps to create a welcoming womb by optimizing immune health • Environment: a roundup of environmental exposures and travel tips • Men's health: practical lifestyle advice for men to help maximize the number and health of sperm • Conception: clear signs that predict when to "start trying," and the truth behind common myths • Infertility: reassuring options for reproductive assistance • Interconception*



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*health: the best plan for pregnancy recovery, before trying for another • Resources: questionnaires for your preconception medical visit, and charts to track fertility signs From America's leading authorities in childcare comes the definitive guide to having a healthy pregnancy -- and a healthy baby. The Healthy Pregnancy Cookbook guides expectant mothers and fathers through all stages of pregnancy from preconception through birth, focusing on how to enhance the health of mother and baby: How to grow a smarter and healthier baby How your baby is developing, and how you may be changing both*

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*emotionally and physically Eating right for two, with a helpful list of pregnancy superfoods Exercise and keeping fit during your pregnancy Concerns and questions you may have about test and technology, genetic counseling, and childbirth options How to protect the womb environment and recognize potential household hazards Advice on working while pregnant Choosing the right healthcare provider and childbirth class The transition into parenthood And much more... Written in the Seares' trademark reassuring tone that makes their books long-term bestsellers, The Healthy Pregnancy Book is the must-have*

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*resource to fit the greater demands of today's savvy parents.*

*Pregnancy: Pregnancy, The BEST pregnancy Handbook For First Time Moms And Dads."*

*Whether you already know you are pregnant, trying to get pregnant or are just curious about the many different stages of pregnancy, you have come to the right place. This book is laid out in easy to read chapters that are going to tell you everything you want and need to know about the changes that your body is undergoing, how your baby is growing and developing, and what you can do to ensure that you are having the healthiest pregnancy*

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*you can. If you are a dad or another support person, this book is also going to give you great tips and ideas on how you can best support mom through this journey, as well as how all of these changes are affecting you. I hope you enjoy reading this book, and that it answers all of the questions you have, as well as some you didn't think of, about pregnancy.*

*Count down your pregnancy day by day with advice from a team of experts and amazing images for every stage of your baby's development. Fully updated to reflect changes in medical practice, including advice on non-*

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*invasive prenatal testing and ways to adapt special diets during pregnancy, The Day-by-day Pregnancy Book provides a comprehensive look at every week of pregnancy. From early foetal development to how your hormones prepare you for birth, Q&As with experts and mums will help put your mind at ease. The Day-by-day Pregnancy Book also breaks down the 12 hours post delivery with an hour-by-hour account and the day-by-day format continues for the first two weeks of life with a newborn baby. The Day-by-day Pregnancy Book will be your pregnancy bible - every day. More Than 900 Tips that 60 Doctors who are*

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*Also Mothers Use During Their Own Pregnancies and Births*

*The Bump Book of Lists for Pregnancy and Baby Your Best Pregnancy Ever*

*The Healthy Pregnancy Book*

*Your Pregnancy and Childbirth*

*The Ultimate Guide to Pregnancy for Lesbians*

*What to Do When You're Having Two*

Your guide to the emotions of pregnancy and early motherhood, from two of America's top reproductive psychiatrists. When you are pregnant, you get plenty of advice about your growing body and developing baby. Yet so much

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about motherhood happens in your head. What everyone really wants to know: Is this normal? -Even after months of trying, is it normal to panic after finding out you're pregnant? -Is it normal not to feel love at first sight for your baby? -Is it normal to fight with your parents and partner? -Is it normal to feel like a breastfeeding failure? -Is it normal to be zonked by "mommy brain?" In *What No One Tells You*, two of America's top reproductive psychiatrists reassure you that the answer is yes. With thirty years of combined experience counseling new and expectant

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mothers, they provide a psychological and hormonal backstory to the complicated emotions that women experience, and show why it's natural for "matrescence"—the birth of a mother—to be as stressful and transformative a period as adolescence. Here, finally, is the first-ever practical guide to help new mothers feel less guilt and more self-esteem, less isolation and more kinship, less resentment and more intimacy, less exhaustion and more pleasure, and learn other tips to navigate the ups and downs of this exciting, demanding time



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While your body is doing the important work of growing your baby, *50 Things to Do Before You Deliver* nails down exactly what to do to prepare for your little one's big debut. First-time moms have plenty to be grateful for --and plenty to worry about. Centered on what's most important to expecting moms, *50 Things to Do Before You Deliver* narrows the vast field of pregnancy advice to 50 specific, proactive steps for confidence and peace of mind before baby arrives. Unlike other pregnancy books for first time moms, this book includes only what is

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necessary and helpful, and leaves out the rest. Written by Jill Krause--creator of the award-winning pregnancy blog, Baby Rabies, and mom of four--50 Things to Do Before You Deliver arms moms-to-be with actionable advice and tools that are actually useful. Voiced with honesty, humor, and encouragement from a mom who's been there, 50 Things to Do Before You Deliver offers: 50 trimester-by-trimester tasks covering only the most important things expectant moms need to focus on Relevant, creative tips for using tech to track, document, and learn about pregnancy

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Judgment-free advice from other moms, OB-GYNs, and midwives--including guest contributions from Amy Morrison of the blog Pregnant Chicken, and Bryn Huntpalmer of The Birth Hour podcast There are countless pregnancy books for first time moms out there--but 50 Things to Do Before You Deliver is a practical guide that will empower and prepare you during pregnancy and beyond.

FREAKONOMICS meets WHAT TO EXPECT WHEN YOU'RE EXPECTING in this groundbreaking guidebook. Award-winning

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Emily Oster debunks myths about pregnancy to empower women while they're expecting. Pregnancy is full of rules. Pregnant women are often treated as if they were children, given long lists of items to avoid-alcohol, caffeine, sushi-without any real explanation from their doctors about why. They hear frightening and contradictory myths about everything from weight gain to sleeping on your back to bed rest from friends and pregnancy books. In EXPECTING BETTER, Oster shows that the information given to pregnant women is

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sometimes wrong and almost always oversimplified. When Oster was expecting her first child, she felt powerless to make the right decisions for her pregnancy so Oster drew on her own experience and went in search of the real facts about pregnancy using an economist's tools. Economics is the science of determining value and making informed decisions. To make a good decision, you need to understand the information available to you and to know what it means to you as an individual. EXPECTING BETTER overturns standard recommendations

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for alcohol, caffeine, sushi, bed rest, and induction while putting in context the blanket guidelines for fetal testing, weight gain, risks of pregnancy over the age of thirty-five, and nausea, among others. Oster offers the real-world advice one would never get at the doctor's office. Knowing that the health of your baby is paramount, readers can know more and worry less. Having the numbers is a tremendous relief—and so is the occasional glass of wine. This groundbreaking guidebook is as fascinating as it is practical.

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"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." -Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped

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hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes:

- Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment.
- More than 40 charming and helpful illustrations, charts, and lists can be found throughout.
- Dozens of important topics that every modern



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mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in

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San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

The First Time Moms Pregnancy Guide

The Mommy MD Guide to Pregnancy and Birth Month by Month, Everything You Need to Know from America's Baby Experts

Before Your Pregnancy

The Pregnancy Book

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A Guide to Your Emotions from Pregnancy to Motherhood

A 90-Day Guide for Couples on How to Prepare for a Healthy Conception

*Whether you're an expectant parent or you're just thinking about it, this comprehensive guide features a nonbossy, fresh, and fun approach to the greatest adventure life has to offer. Based on the best advice from over 100 Canadian parents, this information is served up with a*

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*uniquely Canadian spin. Never one to shy away from the tough topics, Ann Douglas addresses the concerns that all parents have to consider when facing pregnancy. With over 225,000 ?Mother of All? books sold in Canada, Ann Douglas provides the inside scoop on what it?s really like to have a baby The straight goods on preparing your body for pregnancy Practical advice on how to increase your chances for conceiving quickly The top ten worries for each*

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*trimester -- with a hefty dose of reassurance A glossary of pregnancy -- and birth-related terms A sneak peek of life after baby This book is the manual for those looking for real-world advice to help them during all the stages of pregnancy, from conception to birth and all that can occur throughout!*

**THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY WOMAN AND EVERY TYPE OF BIRTH. AS FEATURED ON DRAGONS' DEN.**

*'Siobhan manages to completely*

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*demystify hypnobirthing, making it accessible and relevant to all women and all births. This book will be a complete game changer and I will be recommending it to mums-to-be from now on' Sarah Turner, author of The Unmumsy Mum Expert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way women around the world approach and experience birth. Through her teaching she seeks to*

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*educate and empower women - and their birth partners - so that they can enjoy amazing and positive birth experiences, however they choose to bring their babies into the world. In this book, Siobhan debunks common myths about hypnobirthing and explains why she believes it can make every type of birth a better experience - from a water birth at home to an unplanned caesarean in theatre. So, what is hypnobirthing? Essentially, it's a form*

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*of antenatal education, an approach to birth that is both evidence-based and logical. Hypnobirthing certainly doesn't involve being hypnotised; instead, it teaches you how your body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body (rather than against it), making birth more efficient and comfortable. Siobhan's advice and guidance will change your*



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*mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout. By the time you finish this book you'll feel relaxed, capable and genuinely excited about giving birth. The comprehensive pregnancy resource you can trust with medically reliable information and advice from obstetricians who are also moms. Drs. Yvonne Bohn, Allison Hill, and Alane Park are three top obstetricians who*

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*have personally welcomed more than 10,000 babies into the world. But they've been on the other side of the ultrasound too, experiencing the joys and anxieties of pregnancy and childbirth firsthand as mothers. Morning sickness, unexpected contractions, midnight feedings, even serious complications—they've been there! Now they share everything you need to know about this exciting, life-changing journey. Written in a clear*

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*and friendly style, The Mommy Docs' Ultimate Guide to Pregnancy and Birth offers the most up-to-date medical guidance. It's packed with real-life stories from new moms and practical tips straight from the Docs' office. From pre-conception to postpartum, you'll find answers to your most pressing questions, including: -Can birth control pills cause fertility problems? -When will I start showing? -Which prenatal tests do I really need?*

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*-Is my baby getting the right nutrition? -Is it true that I can't touch a cat, eat sushi, or color my hair for nine months? -If I get a cold, is it safe to take medication? -How do I create a birth plan? -What if I go into labor alone? -If I've had a cesarean delivery before, will I need to have one with my next pregnancy? -How can I make breastfeeding easier? This guide also includes chapters on diet and exercise, high-risk*

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*pregnancies, and the most often-repeated myths. Complete with illustrations of your baby's development, this book is your reassuring resource for a healthy and stress-free pregnancy.*

*The comprehensive pregnancy nutrition guide, completely revised to cover baby's development and mom's health month by month, and updated with the latest research and 25 new recipes Eating for Pregnancy is the ultimate no-*

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*nonsense nutrition guide and cookbook for moms-to-be. Every pregnant woman understands that what she eats and drinks affects the baby growing within her. Yet many of them don't have the time or energy to ensure they're always eating right. The guide walks readers through pregnancy month-by-month to cover developmental highlights, body changes, and nutritional needs of the mother and baby. Each chapter shares delicious, healthful recipes that put a*

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*special emphasis on the nutrients that mother and baby need that month, during preconception, the nine months of pregnancy, and the postpartum period. Each of the 150 recipes highlights the essential nutrients for mom and growing baby, and provides handy nutritional breakdowns and complete meal ideas. This new edition has been completely revised and updated with: 25 brand-new recipes and updated classics, with more quick and easy dishes, more vegan and*

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*vegetarian recipes and variations, and more gluten-free options The most up-to-date information on supplements, nutrient sources, environmental concerns, and high-risk pregnancies Guidance for mothers with diabetes or gestational diabetes, including low-carb meal plans, recipe variations, and dining-out strategies*

*Like a Mother*

*The Ultimate Guide to Easing the Aches, Pains, and Uncomfortable Side Effects*



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*During Each Stage of Your Pregnancy  
Your Essential Month-by-Month Nutrition  
Guide and Cookbook*

*The Second Baby Book*

*Take Charge Parenting Guides*

*Updated With New Material*

*Practical Ways to Make Your Birth  
Better*

The practical, comforting, honest, and hilarious bestseller for moms-to-be, with more than one and a half million copies in print! Your doctor gives you medical advice. Your mother buys you baby clothes. But who can

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give you the real skinny when you're pregnant? Your girlfriends, of course—at least, the ones who've been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Four-time delivery room veteran Vicki Iovine talks to you the way only a best friend can—in the book that will go the whole nine months for every mother-to-be. In this revised and updated edition, get the lowdown on all those little things that are too strange or embarrassing to ask, practical tips, and hilarious takes on everything pregnant. What really happens to your body—from morning sickness and gas to eating everything in sight—and what it's like to go from being a babe to having one. *The Many Moods of Pregnancy*—why you're so irritable/distracted/tired/lightheaded (or at least

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more than usual). Staying Stylish—You may be pregnant, but you can still be the fashionista you've always been (or at least you don't have to look like a walking beachball)—wearing the hippest designers and proudly showing off your bump. Pregnancy is Down To a Science—from in vitro fertilization to scheduled c-sections, there are so many options, alternatives, and scientific tests to take that being pregnant can be downright confusing! And much more! For a reassuring voice or just a few good belly laughs, turn to this straight-talking guide on what to really expect when you're expecting.

What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of

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experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, Ina May's Guide to Natural Childbirth gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Filled with inspiring birth stories and practical advice, this invaluable resource includes:

- Reducing the pain of labor without drugs--and the miraculous roles touch and massage play
- What really happens during labor
- Orgasmic birth--making birth pleasurable

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Episiotomy--is it really necessary? • Common methods of inducing labor--and which to avoid at all costs • Tips for maximizing your chances of an unmedicated labor and birth • How to avoid postpartum bleeding--and depression • The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you • The best ways to work with doctors and/or birth care providers • How to create a safe, comfortable environment for birth in any setting, including a hospital • And much more Ina May's Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention. Being a great first-time dad doesn't mean being perfect. It

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means having the tools you need to be a supportive partner during and after pregnancy--which is exactly what *We're Pregnant! The First-Time Dad's Pregnancy Handbook* is all about. From heartburn and headaches to birth and breastfeeding, *We're Pregnant!* features practical, action-oriented pregnancy advice from the author of the *Dad or Alive* blog, Adrian Kulp, a (once clueless) dad who's been there and done that--three times, in fact!

If you're looking for the inside scoop on what it's really like to have a baby, you've come to the right place. This comprehensive guide features a friendly, fresh, and fun approach to the greatest adventure life has to offer. Based on the best advice from over 100 Canadian

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parents and panel of experts, this information is served up with a uniquely Canadian spin. The Mother of All Pregnancy Books is funny, entertaining, and packed with tons of nuts-and-bolts information and presents expectant parents with all the facts on such perennial hot topics as pain relief during labor, episiotomy, and circumcision, empowering them to make informed personal choices. Unique and innovative, this book is packed with helpful tools readers won't find anywhere else, including charts highlighting the risks of using various over-the-counter drug products during pregnancy, tables summarizing the functions of the 10 most important nutrients during pregnancy, lists of the 10 best-and-worst-baby products, and much, much more.

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Featuring a glossary of pregnancy-related terms, a sample birth plan and a set of emergency childbirth procedures, The Mother of All Pregnancy Books isn't afraid to tackle difficult subjects, like infertility, high-risk pregnancy, and pregnancy and infant loss -- topics that most other pregnancy books shy away from. New features include: The Pregnancy Roadmap: a week-by-week; month-by-month; and trimester-by-trimester overview of the key pregnancy milestones and highlights Pregnancy Q & As Baby Gear 101 Your Post-Partum Body And a brand new section called "The Truth About Pregnancy Brain"

Nurture

Dr. Spock's Pregnancy Guide

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Your Best Pregnancy

The Only Pregnancy Book You'll Ever Need

The Complete Guide

Pregnancy, Childbirth, and the Newborn

The Mother of All Pregnancy Books

***Pregnant and looking to optimize your experience? Wondering what you can do to improve your outcomes during birth and recovery? Longing for more than 2 to 3 sentences on pelvic floor exercises? There's a full chapter! Find out what this pelvic floor physical therapist wants you to know to have***

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***your best pregnancy ever. Are you hoping to get practical, easy-to-implement ideas that make you feel empowered about yourself during this time? If you answered YES to these questions, then you would benefit from this book. Whether this is your first pregnancy or your fifth, this pregnancy book aims to empower you with healthy habits from a pelvic floor physical therapy standpoint. Sure, there are already pregnancy books out there that are filled with every possible detail you may want to know, but not everyone has time***

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***for that. Oftentimes those thick books get put off. This book is different from the others. This pregnancy book is a quick, easy read for my pregnant mamas out there wanting to start developing some healthy habits right now. You'll find plenty of options and variations for you to make these habits your own. This book was written to give you insight into what people mean when they say just listen to your body. It's meant to give you a way to listen to that voice and know how to modify or ask for help. Your body was meant***

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***to do this! The tips provided in this book will allow you to embrace this time and connect with your body in a healthy and inspiring way. This book is essential for all women who are thinking about getting pregnant and those who are currently pregnant at any stage. Although titled and specific to pregnancy, this book can be helpful for those who had their babies long ago or women who don't plan to be pregnant because most of these healthy habits are beneficial for everyone. Pelvic floor physical therapist, Jen***

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***Torborg, PT, DPT shares pregnancy tips based on research and insights from clinical experience. You can apply these easy-to-follow habits to have your best pregnancy, birth, and recovery. In this book, you will learn about 1. Breathing: how embracing your breath can affect your body and mind including your breathing during labor and birth2. Pelvic floor exercises: how knowing your pelvic floor can improve your health3. Common vs. normal: Know the difference between what is common - a lot of people pee their pants***

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***during pregnancy and after childbirth, but leakage of urine is never normal. Treatment is out there if things get out of whack!4.***

***Exercise: how to move in ways that feel good to you and improve your outcomes now and during recovery5.***

***Sleep: easy-to-adopt strategies to improve and prioritize your sleep6. Nutrients: how to nourish your body and your baby with quality food and drink7.***

***Posture and alignment: how to adjust your posture for your best pregnancy experience8.***

***Self-care: why it's important to make self-care***

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***an approach and a philosophy vs. another item on your checklist9. Preparing for birth and recovery: perineal massage and stretching, labor and birthing positions including how to breathe, what to expect and do postpartum - why the 6 week check-up isn't a magic numberThis book also includes a FREE Best Pregnancy Checklist so you can apply the healthy habits described in this book and monitor your progress.Are you ready to have your best pregnancy ever? In today's western cultures, the typical***

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***pregnancy focuses on the baby to the exclusion of the woman herself, so that the entire experience has become more about preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all of the changes that creating a new life brings. Sacred Pregnancy was written to help the pregnant woman journey within herself to prepare for the birth of her baby. Sacred Pregnancy is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full***



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***gestation period of a pregnancy. With beautiful professional photos that correspond to each topic, Sacred Pregnancy also features a journal space for the pregnant woman to record her thoughts and feelings. Each week the mother-to-be is given information on her baby, her body, and her spirit and is asked to reflect on these via the topic of the week, which touches on a variety of issues such as sexuality, fears about labor, becoming a mother, courage, rite of passage, adornment, body image, meditation, and sisterhood to***

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***name a few. Mothers-to-be are invited to look deeply at the issues unique to their journey and find a centered, peaceful place to live their pregnancy fully. Lastly, Sacred Pregnancy includes place for the new mother to record her birth story and a large resource section on various birthing options and supports for pregnant women. "From the spiritual (how to visualize your perfect birth) to the practical (a large section on birthing options), this pregnancy journal is a spiritual adviser and supportive doula all in one."* —Fit**

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***Pregnancy magazine For more information, visit the Sacred Pregnancy website.***

***You're having a baby! Or, at least, your partner is! Which means you are too. Not literally, of course, but you do have nine months of excitement, anticipation and nervousness ahead, the likes of which you've never experienced before. Fatherhood is just around the corner and it's ace - but are you ready? Most pregnancy books are for the mother but this one is just for you, the new father. It guides you through this emotional***

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***rollercoaster and gets you ready for anything your newborn may throw at you (including, but not limited to, regurgitated milk). From how your baby develops month by month to how to support your partner (it's the little things that count, we tell ourselves), international bestseller Pregnancy for Men is your survival guide to the whole nine months. And when the newborn arrives (and you can't put the car seat in) Mark's on hand with the next instalment, Babies and Toddlers for Men, packed with funny anecdotes and advice from***

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***an array of new dads. Or if you're short on time - Pregnancy for Men 101 Tips and Babies and Toddlers for Men 101 Tips.***

***The Pregnancy Book for First Time Moms: The Ultimate Baby Care Guide Every woman wants to fulfill her role of becoming a mother to her child. She dreams of carrying her unborn and giving birth to a healthy infant. There is something about first time pregnancy that makes it different and memorable. Nothing can compare to the excitement and anticipation of first time***

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***moms to conceive the bundle of her joy. Along with the fervor of becoming a first time mom, you may feel a little confused, anxious, and fearful. The big responsibility of ensuring the good health and survival of the life inside your womb awaits you. To do so, you should prepare your body to give your unborn the healthy environment he/she needs to live. It is easy to center your attention to the life inside your womb. You have to remember, though, that your unborn depends heavily on your own health and well-being. It is therefore essential***

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***that you have a body ready for pregnancy. Since this is your first time, you may need all the help you can get from your spouse, family, and friends. You will also find valuable resources online. This pregnancy guide intends to help you how to take good care of yourself for your baby from conception to childbirth. Written for first time moms, it covers everything you need to know in preparing your body before, during, and after your pregnancy. This is the ultimate baby care guide for first time moms like you.***

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***The Expectant Father***

***Ina May's Guide to Childbirth***

***An All-Canadian Guide to Conception, Birth and Everything In Between***

***The First-Time Mom's Pregnancy Handbook***

***Why the Conventional Pregnancy Wisdom is Wrong and What You Really Need to Know***

***The Day-By-day Pregnancy Book***

***The Ultimate Baby Care Guide***

'The thing about having a second baby is it's likely to differ a lot from your first experience. Sarah Ockwell's Smith's guide looks at the challenges you might face along with some practical tips



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**to consider. The book offers a friendly feel that reminds us issues and all, we'll be just fine' Mirror, Best Baby Books for Parents 2020 Having a second baby is a very different experience from having your first, yet there is little recognition of the wide range of issues that need to be considered when bringing a second child into the family. In this incredibly helpful book, Sarah Ockwell-Smith helps parents feel more positive and prepared for life with two children. The book begins with the obvious question: when is the right time to add another member to the family? It then goes on to examine the specific issues that can arise with a second pregnancy and birth; the common concerns about siblings, such as how to prepare your firstborn for what's to come; how to cope with the practicalities of life with two young children (aka actually**

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managing to get anything done!); and the feelings parents are likely to experience, too. The **Second Baby Book** examines all the questions and issues Sarah herself faced second time around, as well as sharing the experiences of the many parents who have sought her advice. It also highlights what scientific studies reveal about such issues as the spacing of children and the differences between first and second births. Practical, insightful and honest, this book will help you understand the challenges ahead but, more importantly, it will equip you to meet them with knowledge, confidence and a sense of excitement for the future.

**Expert advice for delivering a happy and healthy baby! From boosting your vitamin intake to picking out the perfect crib, it's not always easy to figure out what your growing baby**

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**needs--especially if you're new to parenthood. Featuring guidance from top childbirth experts, The Only Pregnancy Book You'll Ever Need answers all the questions that come up after you get the big news. From your first trimester to the delivery room, you'll learn all about the different phases of pregnancy and how you can provide your growing baby with everything he needs. This indispensable guide also offers practical advice and parent-tested strategies on: Understanding physical and emotional changes Selecting the right pregnancy diet Understanding prenatal tests and screenings Choosing the best labor and delivery options Budgeting for your new addition to the family Complete with checklists and fill-ins to help keep track of your pregnancy, this one-stop resource includes only the most important information so that you are truly prepared**

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for the months ahead.

**"Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"--**

**"Designed as an informational resource for patients, Your**

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**Pregnancy and Childbirth: Month to Month Seventh Edition sets forth current information and clinical opinions on subjects related to women's health and reproduction. Your pregnancy and Childbirth: Month to Month is a resource for informational purposes. Topics include getting ready for pregnancy choosing an obstetric care provider what to expect during each month of pregnancy exercise during pregnancy work and travel during pregnancy pain relief during childbirth labor and delivery cesarean delivery postpartum care and taking care of the baby after birth, birth control after pregnancy"--**

**Checklists and Tips for a Very Special Nine Months**

**The Twins Survival Guide from Pregnancy Through the First Year**

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**A Doctor's Answers to All Your Questions**

**The Natural Pregnancy Book, Third Edition**

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**From Doctors Who Are Parents, Too!**