



The Mother of All Pregnancy Books

Ann Douglas

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The ultimate guide to conception, birth, and everything in between

Unlike those other bossy, tell-you-what-to-do pregnancy books, this funny, entertaining guide presents expectant parents with all the facts they need to know about conception, birth, and everything in between. Celebrating the 10th anniversary of this favorite guide to pregnancy and birth, this new edition is easier-to-use, fully updated, and has a fresh and appealing new design.

The Mother of All Pregnancy Books features a friendly, fresh, and fun approach to the greatest adventure life has to offer. Based on the best advice from over 100 parents and a panel of experts, it is 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, and empowering expectant parents to make informed personal choices.

- A complete guide to how it may feel—both physically and emotionally - to be pregnant
- ""The Pregnancy Roadmap:"" a week-by-week; month-by-month; and trimester-by-trimester overview of the key pregnancy milestones
- Pregnancy Q&As
- Baby Gear 101
- Your postpartum body
- The truth about ""pregnancy brain""

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.

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Steven Huckins:

Spent a free the perfect time to be fun activity to perform! A lot of people spent their leisure time with their family, or their own friends. Usually they doing activity like watching television, going to beach, or picnic from the park. They actually doing same task every week. Do you feel it? Will you something different to fill your personal free time/ holiday? Might be reading a book could be option to fill your free of charge time/ holiday. The first thing you will ask may be what kinds of guide that you should read. If you want to consider look for book, may be the guide untitled The Mother of All Pregnancy Books can be good book to read. May be it could be best activity to you.

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