



The Mother of All Pregnancy Books: An All-Canadian Guide to Conception, Birth and Everything In Between

Ann Douglas

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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 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. 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"

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Matthew Hood:

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Rosemary Perez:

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Daniel White:

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Steve Pinson:

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