

Pregnancy Made Simple An Illustrated Guide From Conception To Birth

Runner's World Guide to Running & Pregnancy
Pregnancy Leonard's Illustrated Medical Scientific Journal
Before Your Pregnancy Practical Ultrasound
The Good Housekeeping Illustrated Book of Pregnancy & Baby Care
Denise Austin's Ultimate Pregnancy Book
The Pregnant Body Book
The Pregnancy Countdown Book
I'm So Pregnant
Your Vegetarian Pregnancy
The Pregnancy Encyclopedia
Nurture
The Healthy Pregnancy Book
Funny Little Pregnant Things
Portraits of Pregnancy
Breastfeeding Made Simple
The Complete Illustrated Pregnancy Companion
The Simple Guide to Having a Baby
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Giving Birth with Confidence
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The Day-By-day Pregnancy Book
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Bumpin'
The Good Housekeeping Illustrated Book of Pregnancy & Baby Care
The Day-by-day Pregnancy Book
Mayo Clinic Guide to a Healthy Pregnancy
Yoga Mama, Yoga Baby

Runner's World Guide to Running & Pregnancy

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 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 Searses' trademark reassuring tone that makes their books long-term bestsellers, The Healthy Pregnancy Book is the must-have resource to fit the greater demands of today's savvy parents.

Pregnancy

Follow the amazing journey of the earliest stages of human life, with

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month-by-month development shown in unprecedented detail. The complex concepts and processes of emerging life are demystified in clear, jargon-free text, while specially commissioned 3D images, extraordinary photographs, and detailed artworks illustrate every aspect of human pregnancy. The 3D artworks, illustrations, scans, and photographs show exactly how a baby changes and grows during pregnancy, and how the female body adapts to carry it. A chapter on labour and birth explains these processes with step-by-step illustrations and easy-to-grasp text. The Science of Pregnancy also looks at the nature of human pregnancy, including how it evolved, and explores the anatomy and physiology of both the male and female reproductive systems. The mysteries of DNA and genetics are unravelled and explained in clear, illustrated detail, including patterns of inheritance and the interplay of genes and environment. The book also provides straightforward, illustrated information on possible problems before, during, and after birth. "Beautifully illustrated, detailed and clear, this is a wonderful introduction to human reproduction" - Professor Alice Roberts

Leonard's Illustrated Medical Scientific Journal

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-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.

Before Your Pregnancy

With this unique and accessible handbook, you can be confident that your vegetarian pregnancy will be wonderfully beneficial for both you and your baby. Fulfilling every nutritional guideline recommended by the American College of Obstetrics and Gynecology, Your Vegetarian Pregnancy is the first authoritative guide to maintaining a healthy plant-based diet before, during, and after the birth of your child.

Practical Ultrasound

The average pregnancy lasts 280 days—and the suspense can be excruciating! The Pregnancy Countdown Book counts down the biggest milestones every step of the way, with one page of helpful information for each day of your pregnancy. Here are tips from doctors and

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mothers, amusing anecdotes and quotes, and all of the uncensored details that other books won't tell you. The perfect gift for expecting moms of all ages, The Pregnancy Countdown Book is a delightfully irreverent look at the craziest nine months of your life.

The Good Housekeeping Illustrated Book of Pregnancy & Baby Care

Presents a comprehensive guide that answers many common questions about maintaining fitness during and after pregnancy

Denise Austin's Ultimate Pregnancy Book

A handbook with over 800 photographs for new parents and parents-to-be which includes prenatal exercises, labor, nutrition, childhood illnesses, first aid, and immunization timetables.

The Pregnant Body Book

An updated edition of a classic guide to preconception advises prospective parents on how to maximize their chances for a healthy conception and pregnancy, providing the latest nutritional and medical recommendations and coverage of current tests. Original.

The Pregnancy Countdown Book

The Public Broadcasting Service (PBS) and the WGBH Educational Foundation provide an online supplement to the "Frontline" television program entitled "Making Babies." The program originally aired on June 1, 1999. The supplement and program focused on new reproductive medicine, the safety of experimentation, the commercialization of reproduction and, the changing nature of the family. Interviews, video excerpts, a quiz, and other materials are available online.

I'm So Pregnant

Pregnancy is an extraordinary time of transformation and a profound rite of passage that requires special care and guidance. The complementary tools and practices of Ayurveda and yoga have been used together for thousands of years to support a healthy body, balanced mind, and higher consciousness. With *Yoga Mama, Yoga Baby*, Margo Shapiro Bachman brings readers the first book to show how these "sister sciences" can support the miraculous journey of pregnancy. This thoroughly detailed guidebook shares practical and easy-to-apply teachings and information to help women experience pregnancy with radiant health and abundant joy, including: The basics of Ayurveda, yoga, diet, and lifestyle—cornerstone principles, basic terms and concepts, essential self-assessments, and more Month-by-month exercises and practices, including meditation, mantra, breathwork,

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asana, journaling, and massage Practical tips to encourage natural labor and delivery Guidance on staying healthy and happy in the precious first postpartum weeks with baby For women everywhere, Yoga Mama, Yoga Baby is an indispensable resource for treasuring every moment of pregnancy and blessing the mother and child with health, happiness, consciousness, and love.

Your Vegetarian Pregnancy

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 hundreds of families ease into their new roles through her work as a doula. This beautiful and comprehensive pregnancy companion covers everything from the beginning months of pregnancy to the baby's first weeks. Including supportive and encouraging self-care and mindfulness exercises along with more than 40 charming and helpful illustrations, here's everything a modern mama would want to know: fetal development, nutrition support for every month of pregnancy, making birth choices, the basics of breastfeeding, and more.

The Pregnancy Encyclopedia

The complete illustrated guide from conception to birth. The Pregnant Body Book is a comprehensive visual guide to every aspect of conception, pregnancy and birth exploring the important changes that take place in a completely revolutionary way. State-of-the-art images, extraordinary photography and accessible text track each stage of both the mother and baby's development from fertilisation to birth week-by-week. This unprecedented guide covers everything you could possibly want to know from the science behind sex and conception to the intricacies of genetics and includes a detailed look at the anatomy and physiology of both the male and female reproductive systems and the groundbreaking medical advances that define the 21st-century understanding of pregnancy. The Pregnant Body Book is the first of its kind and an ideal reference for prospective parents, as well as both medical and midwifery students.

Nurture

The bestselling author of The Kind Diet offers practical solutions for a healthier, more vibrant approach to new motherhood When did making babies get to be so hard? Infertility is on the rise globally, affecting as many as one in six couples. But instead of looking at diet and lifestyle as key factors, doctors are racing to pump their patients full of expensive and invasive fertility treatments. Once pregnant, women just accept that carrying a baby will be the gassy, swollen, irritable, sleepless nightmare that has become the new normal. Once their babies are born, they assume it will be just as

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challenging—from breastfeeding woes to screaming fits and constant trips to the doctor. It doesn't have to be that way. In *The Kind Mama*, Alicia Silverstone shows that if we kick nasty foods that fight our bodies and replace them with nutrient-rocking “clean” foods that heal and nourish, we can create a more positive baby-making experience, from conception through the third trimester (and beyond). By encouraging basic diet and lifestyle modifications and drawing on wisdom from medical experts, friends, and her own experience, Silverstone has created a one-stop guide that empowers women to take charge of their fertility and pregnancy, and helps them to embark on a healthier, more vibrant path to parenthood.

The Healthy Pregnancy Book

Funny Little Pregnant Things

The *Girlfriends' Guide to Pregnancy* meets *Lobster Is the Best Medicine* in this collection of funny illustrations that perfectly depicts the awkward and uncomfortable realities of pregnancy—because creating a tiny human isn't just sunshine and smiles. Being “a little bit pregnant” may not be a thing. But being “so pregnant”? It's so possible. In this hilarious book, mom and illustrator Line Severinsen delivers the often ignored, but always honest truth about those magical—and sometimes messy—nine months of pregnancy. From morning sickness that lasts all day to weird dreams that last all night and heartburn that just won't quit, *I'm So Pregnant* perfectly captures what it is really like being pregnant. Unlike strangers touching your belly, these playful and adorable cartoons will touch your heart and give a whole new meaning to “belly laugh.”

Portraits of Pregnancy

An illustrated reference for expectant parents explains in intricate detail every stage of a pregnancy, in a comprehensive resource that also covers labor, birth, and life with a new baby.

Breastfeeding Made Simple

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.

The Complete Illustrated Pregnancy Companion

Easy-to-use charts, diagrams, and checklists enhance a fully updated and accessible guide for parents-to-be that covers every phase and aspect of pregnancy, including prenatal care, hormonal changes, and

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birthing options. By the authors of The Well Baby Book. Original. 25,000 first printing.

The Simple Guide to Having a Baby

Pregnancy is exciting for parents-to-be! Your life is about to change forever, whether this is the first new baby in your life or not. The amount of information out there about pregnancy can be overwhelming for everyone involved. But fear not: this practical pictorial guide, packed with accessible and stylish infographics, will help you to get up to speed and give you all the essential facts you need, as well as a healthy dose of fun trivia to help you remember and break up the facts. This book covers everything you need to know about pregnancy: Getting Pregnant: Once you've decided to have a baby, it's not always as easy to get pregnant as you once thought! Being Pregnant: Pregnancy myths, morning sickness, and all the changes happening to you and your baby. Nourishment: Cravings! Everybody gets them—but what should you avoid indulging in? Well-Being: Different methods of exercise, what tests should you get, and, most important, how to relax! Final Stages: All the last-minute things you should do before the baby arrives! From what to stock in the nursery to the first signs of labor, this section will make sure that you're completely ready to go when it's time. This book offers both men and women an easy guide to pregnancy, from finding out what's going on inside a pregnant woman's body to understanding the various cravings she might experience.

The Science of Pregnancy

The comfort of knowing what is going on during pregnancy combined with advice that changes each week with an expectant mother's body will warm the heart and well as calm the nerves. This fully illustrated pregnancy guide gives an expectant mothers week-by-week information on their body and the child's physical development; and then explains what they should do at each week of pregnancy for an optimally healthy pregnancy, delivery, and baby. A chapter is devoted to each week of pregnancy and covers everything readers need to know including, baby's size, mother's size, what's normal in terms of physical symptoms and development, and what could indicate a potentially serious problem. Nutritional, exercise, and lifestyle advice, tips on treating common pregnancy discomforts like morning sickness and sciatica, and pregnancy do's and don'ts, ensure a happy and healthy mother and baby.

A Is for Advice (The Reassuring Kind)

This is an inspirational collection of stories, quotes, and photographs that capture both the inner wisdom and outer beauty of modern motherhood. Enter into the lives of over 50 women, from celebrity mums to single mums, young and old, as they open their hearts and share touch-ing, and very personal, moments of their

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empowering and sometimes painful journeys. Jennifer Loomis's fine-art photographs are compelling and sensitive, portraying the unique beauty, mystery, and diversity of the pregnant form. Hugo Kugiya's stories are honest and revealing cameos of the challenges and triumphs of becoming a mother, such as infertility, balancing motherhood and career, single parenthood, repeated miscarriage, and post-partum depression. The words and photographs together create the perfect gift -- a book that will inspire everyone.

New Well Pregnancy Book

The Good Housekeeping Illustrated Book of Pregnancy & Baby Care

Presents a comprehensive guide to childbirth and delivery, providing the complete process for seven birthing plans, from home birth to C-sections, and includes trimester schedules to help choose the best individual birth experience.

Obstetrics Illustrated

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 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.

The Principles and Practice of Obstetrics ; Illustrated with One Hundred and Fifty-nine Lithographie Figures from Original Photographs, and with Numerous Wood-cuts

Covering everything a woman needs to know before, during, and after a pregnancy, this revised edition also guides parents from the baby's newborn stage through age three. 800+ color photos and illustrations.

Giving Birth with Confidence

Today's pregnancy books may no longer recommend martinis and cigarettes to help pregnant women relax, but most offer moms to be a ton of worthless information—like what kind of fruit your baby is the size of at Week 16. Is there any practical value in knowing that your child resembles produce? And where's the good stuff—the useful details, like beware of the baby registry and all the crap you will never use, or be prepared to get breast milk all over everything you own? Hilarious, candid, and easy to read, *Funny Little Pregnant Things* is full of helpful information about all the stuff people don't tell

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you about pregnancy—the good, the bad, and the ugly.

Pregnancy, Childbirth, and the Newborn

Pregnancy Made Simple

The Water-Cure in Pregnancy and Childbirth. Illustrated with Cases, Showing the Remarkable Effects of Water in Mitigating the Pains of the Parturient State

The Good Housekeeping Illustrated Book of Pregnancy and Baby Care

In the hands of a skilled operator, ultrasound scanning is a simple and easy procedure. However, reaching that level of proficiency can be a long and tedious process. Commended by the British Medical Association, *Practical Ultrasound, Second Edition* focuses on the scans regularly encountered in a busy ultrasound department and provides everything practitioners need to know to become competent and skilled in scanning. See *What's New in the Second Edition*: New chapters on breast, musculoskeletal, and FAST (focused assessment with sonography in trauma) ultrasonography Revisions to original chapters incorporating up-to-date techniques and protocols Beginning with the general principles of ultrasound scanning and a guide to using the ultrasound machine, the book provides step-by-step instructions on how to perform scans supplemented by high-quality images and handy tips. Organized according to anatomical site, the chapters include a review section on useful anatomy, scan protocol presented step by step, and a section on common pathology. Maintaining the popular format of the previous edition, each chapter contains examples of common and clinically relevant pathologies and notes on the salient features of these conditions. The authors' precise approach puts an immense amount of knowledge within easy reach, making it an ideal aid for learning the practicalities of ultrasound.

Making Babies

Practical, reassuring, and beautifully written, *A is for Advice* provides a brief and compelling reflection on pregnancy, birth, and the early postpartum period for expectant mothers of all kinds—whether you prefer a water birth at home or a scheduled C-section in a hospital, whether you believe in painkillers or an all-natural labor, breast milk or formula, this book speaks to you and your pregnancy. Written in the approachable and friendly tone of a best-friend blogger but informed by the insight of a Registered Midwife, *A is for Advice* seeks to comfort and inspire, providing realistic and

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soothing advice at a time when most women desperately seek out information. Through 26 lesson/letters of the alphabet (C is for Control; F is for Fear; W is for Water), A is for Advice offers practical and emotional insights into the often overwhelming transition to motherhood. Using a combination of humor, story-telling, research distillation, and personal reflection, A is for Advice speaks to concerns common to all women as they approach birth and motherhood. Eschewing the "birth wars" for a women-centered, feminist perspective, A is for Advice does not argue for any one type of birth experience, but rather empowers each woman to be her own advocate. If the book could be summed up in one line it would be, simply, "be gentle with yourself." Read it cover-to-cover or in the short bursts available to an expecting mom (each letter stands alone), this book offers a compelling call for well-informed, judgment-free, and forgiving birthing and mothering. A small gifty package with a beautiful black-and-white illustration program by Iris Gottlieb, this is the ultimate babyshower gift for your best friend, sister, or daughter.

The Complete Illustrated Birthing Companion

The complete guide to pregnancy, day-by-day Fully updated to reflect changes in medical practice, this new edition of the bestselling Day-by-Day Pregnancy Book provides comprehensive pregnancy advice from a team of experts. No other pregnancy book provides this level of detail, allied with such extraordinary photographs, 3D scans and illustrations which reveal in unprecedented clarity exactly what is happening to you and your baby every single day. From early foetal development to how your hormones prepare you for birth, learn from world-class experts. Plus, obstetricians, midwives and parents advise on your baby's development, medical matters, your changing body, diet, fitness and much more. The Day-by-day Pregnancy Book (previous ISBN 9781405332101) includes a special hour-by-hour rundown of what to expect during and immediately after birth, plus further reassurance for the first two weeks of your baby's life, will give a helping hand through the culmination of your pregnancy, from pain relief to those first intimate and unique moments between you and your child.

The Kind Mama

The first illustrated practical handbook for new parents & parents-to-be, complete with color photographs every step of the way. The Good Housekeeping Illustrated Book of Pregnancy & Baby Care is the most complete & fully illustrated guide to parenting ever published. As natural as having a child is, there are still thousands of questions to be answered. Good Housekeeping does just that, by showing you, in 800 glorious, wonderful, adorable, captivating color photographs, real parents caring for real children. No question, however small or elementary, goes unanswered or appears without illustration. In its inimitable style -- confident, caring, down-to-earth -- it takes you through every step of pregnancy & childcare from conception to age

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three. In the section on pregnancy, you'll find a thoughtful, up-to-the-minute lesson in prenatal planning, exercise, nutrition, labor, & birthing alternatives. A unique month-by-month photographic diary of one woman's pregnancy will help you understand what changes your body & emotions undergo. Chapters on baby care offer step-by-step photographs & explanations on every imaginable subject: How to bottle-feed, breast-feed, express milk; How to change diapers, choose a layette, buy a car seat; How to dress, undress, feed, & bathe your baby; How to deal with crying spells, sleepless nights, diaper rash, potty training. In the section on health care, everything you need to know to recognize & treat common childhood illnesses is presented in a clear, no-nonsense, easy-to-find & follow format, along with a guide to childhood first aid, growth charts, & immunization timetables. Authoritative, clear, practical, & comforting, The Good Housekeeping Illustrated Book of Pregnancy & Baby Care will be your indispensable companion through the first three years of your baby's life.

The Day-By-day Pregnancy Book

Presents a comprehensive guide that distills information into a succinct format and shares down-to-earth information on the basic stages of pregnancy, what to expect in the delivery room, and how to nurture and nourish a baby.

Pregnancy Day by Day

Covering everything a woman needs to know before, during, and after a pregnancy, this revised edition also guides parents from the baby's newborn stage through age three. 800+ color photos and illustrations.

Bumpin'

Tech investor and new mom Leslie Schrock offers a thoroughly modern guide to pregnancy—from the preparations of “trimester zero” to the challenges of the newborn months. In the last thirty years, the process of starting a family has drastically changed. Not only are there many more options for getting pregnant, but there are a dizzying array of variables from start to finish. Genetic test or no genetic test? Midwife or OB-GYN? Stroller or Baby Bjorn? Yet all this choice can also create anxiety, especially around the most difficult realities. Miscarriages and fertility issues are common, yet often concealed. One in nine mothers report dealing with postpartum depression, but it is rarely acknowledged and even more rarely treated. Celebrities post “snap-back” photos of their slim post-baby bodies, creating unrealistic expectations for women everywhere. We have more information than ever, yet nearly every aspect of motherhood is still shrouded in judgment and mystery. Enter Leslie Schrock, first-time mother whose own struggles opened her eyes to this widespread problem. With the frank, funny warmth of a trusted friend,

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she delves into everything from in vitro fertilization and prenatal testing to lactation consultants and postpartum birth control. She debunks the most pervasive pregnancy myths, explores the complementary practices, and cites the latest science (with a dash of been-there-done-that experience) to help you make the best decisions every step of the way—for both you and your baby. So tune out all of the noise you don't need, and take control of your pregnancy—present or future.

The Good Housekeeping Illustrated Book of Pregnancy & Baby Care

If you only buy one pregnancy book, this should be the one! It's the most complete. It covers all aspects of childbearing, from conception through early infancy, and tells you what to expect. It offers detailed information, suggestions on decisions to make, and advice on steps to take to have a safe and satisfying experience. The Award-Winning Resource Recommended by Experts & Loved by Parents Parents love this book because it puts them in control by explaining a wide range of options, information, and questions to ask, so parents can find what works best for their health situation, personal goals, and priorities. Experts love this book because it's based on the latest medical research and recommendations from leading health organizations. It's practical—rooted in the real-life experiences of new families. The five authors bring a combined total of 150 years of experience working with expectant and new families as educators, nurses, counselors, doulas, physical therapists, and lactation consultants. They have attended hundreds of births, heard thousands of birth stories, and assisted innumerable new parents in adapting to their new lives. Not only that, the authors have a combined total of 12 children and 12 grandchildren. All of this experience allows them to write with compassion, understanding, and wisdom based on what really works in the real-world of parenting. The companion website offers even more details on select subjects, including lists of all the best resources on each topic and worksheets to guide parents' decision-making process. The website also includes a bonus chapter on pre-conception, which provides ways to improve your health and fertility before pregnancy begins.

The Day-by-day Pregnancy Book

The Definitive Guide to Breastfeeding Your Baby Breastfeeding may be natural, but it may also be more challenging than you expect. Some mothers encounter doubts and difficulties, from struggling with the first few feedings to finding a gentle and loving way to comfortably wean from the breast. This second edition of Breastfeeding Made Simple is an essential guide to breastfeeding that every new and expectant mom should own—a comprehensive resource that takes the mystery out of basic breastfeeding dynamics. Understanding the seven natural laws of breastfeeding will help you avoid and overcome challenges such as low

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milk production, breast refusal, weaning difficulties, and every other obstacle that can keep you from enjoying breastfeeding your baby. Breastfeeding Made Simple will help you to:

- Find comfortable, relaxing breastfeeding positions
- Establish ample milk production and a satisfying breastfeeding rhythm with your baby
- Overcome discomfort and mastitis
- Use a breast pump to express and store milk
- Easily transition to solid foods

Mayo Clinic Guide to a Healthy Pregnancy

A pregnant reader's guide to staying active and fit during pregnancy arms expectant mothers with everything they need to know about running during this important time, presented in a month-by-month format. Original. 15,000 first printing.

Yoga Mama, Yoga Baby

Just discovered you're pregnant? Feeling a little bit lost? The Pregnancy Encyclopedia has the answers to all your questions, including the ones you haven't even thought of yet. Top experts in the field offer up encyclopedic knowledge of absolutely everything you need to know relating to pregnancy and birth, from trying for a baby right through to caring for your newborn up to 3 months and everything in between. Set out in an accessible question-and-answer format so you can find the answer to your burning questions, including information on morning sickness, c-sections, breastfeeding, baby clothes and even a due date calculator. Arranged by theme, so you can find the information you need regardless of what stage of pregnancy you are at, while being able to dip into a section or devour the whole encyclopedia. The Pregnancy Encyclopedia is the trusted back-up you need at one of the most important times in your life.

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