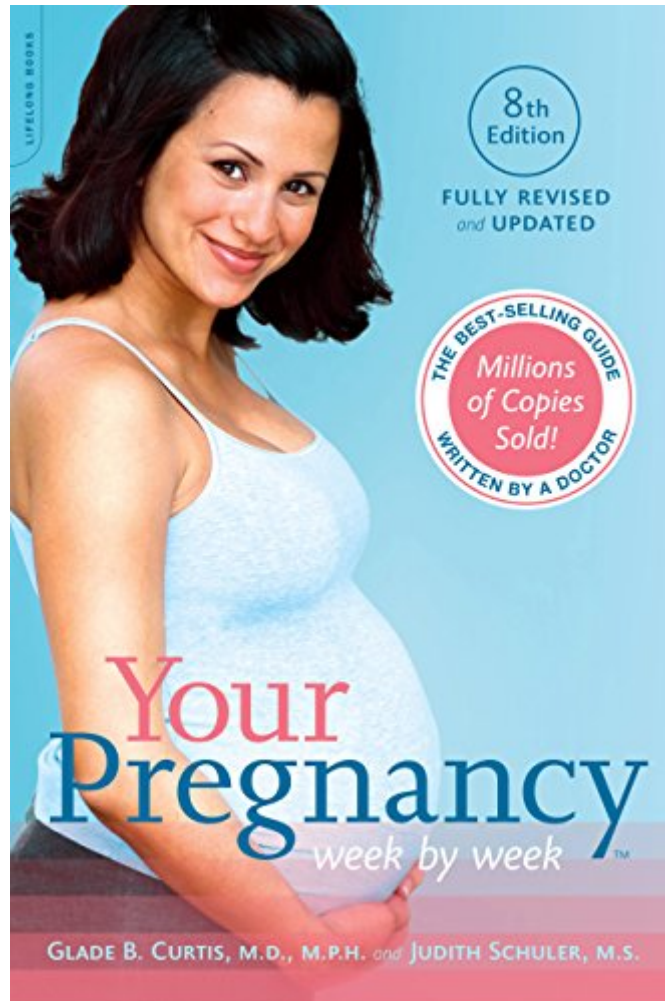




The book was found

Your Pregnancy Week By Week



Synopsis

The original week-by-week pregnancy guide tells parents-to-be what to expect and offers authoritative advice on having a healthy pregnancy. For over 25 years, *Your Pregnancy Week by Week* has helped millions of parents-to-be prepare for one of the most exciting times in their lives. Now in its eighth edition, this go-to guide has been updated to cover the most recent information, from trends and safety recommendations to medical concerns. Doctors recommend it, pregnant couples rely on it, and you and your partner will find it indispensable. With its signature format, you can follow your baby's development based on the same weekly schedule your doctor uses. You will also find the latest information on preparing for their baby's birth while addressing today's most pressing questions and concerns, including:

- Detailed descriptions and illustrations of baby's development
- The most up-to-date information on medical tests and procedures
- Tips on nutrition, your overall health and how it affects your growing baby
- Safe and easy weekly exercises to help you stay in shape
- Covering a wide range of new topics such as elective delivery, Chinese gender chart, electronic cigarettes, nonalcoholic beer and wine, pregorexia, salt-therapy spas, belly bands before and after pregnancy, and men preparing for pregnancy

Your Pregnancy Week by Week makes sure you and your partner will have all you need to know at your fingertips.

Book Information

File Size: 31077 KB

Print Length: 477 pages

Publisher: Da Capo Lifelong Books; 8 edition (May 24, 2016)

Publication Date: May 24, 2016

Sold by: Hachette Book Group

Language: English

ASIN: B01AFE38GS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #495,388 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

in Kindle Store > Kindle eBooks > Medical eBooks > Basic Science > Embryology #67 in Books > Medical Books > Basic Sciences > Embryology #399 in Kindle Store > Kindle eBooks > Health,

Customer Reviews

I like this book so far. There are other books, which will scare you and this one is helpful.

Informative, honest, and fair.

I love it!

good book

love it

This is the only book I tell my friends to read. Much better than other options- doesn't scare you when you read what could possibly happen to your body, your baby, your life in general. Helpful for sure!!

Transaction happened just as expected.

I bought this years ago and started reading and it scared me. It will tell you everything that could go wrong with your baby and pregnancy. For first time moms it is already scary and we don't need to be frightened even more. We need reassurance and confidence. If something goes wrong then we worry but not before it happens.

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