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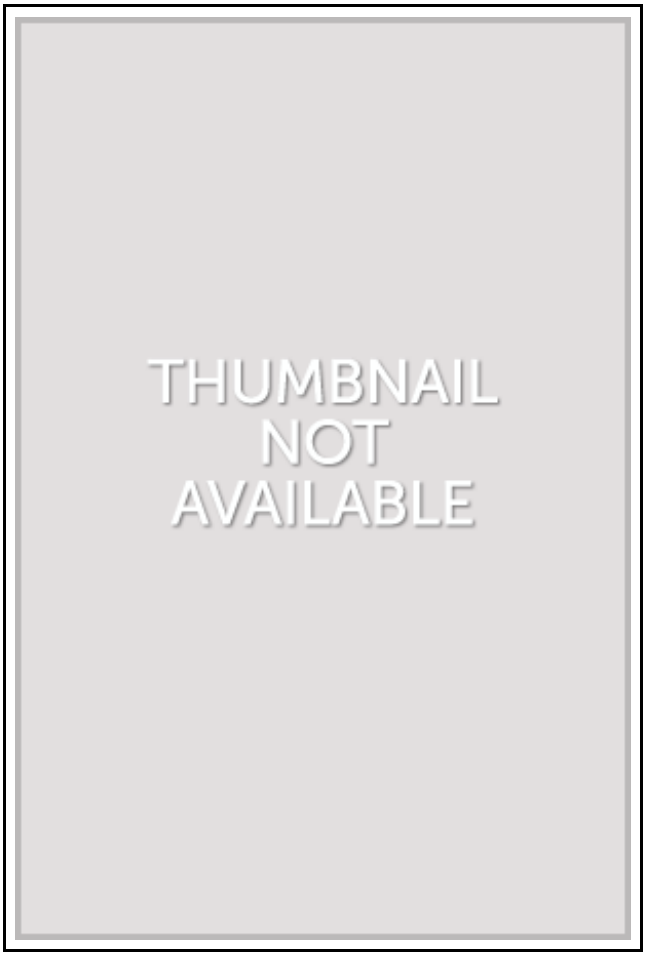

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Pregnancy For First Time Mommies: Pregnancy Symptoms, Special Diet And Exercises + Week-to-Week Guide Through Your Pregnancy This book is designed to offer first time mothers to be some tips and suggestions throughout their pregnancy on various topics such as types of exercise to type of diet to be on during this special time in your life. Finding out that you are pregnant for the first time is a totally overwhelming experience, it may come to be a total unexpected surprise in your life or it was a planned pregnancy. Whatever the case this is going to change your life forever in such a wonderful way. To make sure that you have the smoothest time during your pregnancy you will find this guide most helpful throughout your pregnancy. It will offer you things to do and expect during the different periods throughout your pregnancy suggesting ways that you can make it easiest for yourself to go through. You will find that good nutrition and regular exercise will be key in keeping your good health through the various stages of pregnancy. In this book we will go through the entire pregnancy period so that you will be well aware of what to expect and what to do during certain points in your pregnancy. The period for human pregnancy last for about 40 weeks. This time period is broken into three trimesters. You will go through some amazing changes and to help you go through your pregnancy experiences is this book that offers some great guidance for you during this special time in your life. I hope that you will greatly benefit from the information I have gathered in this...

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