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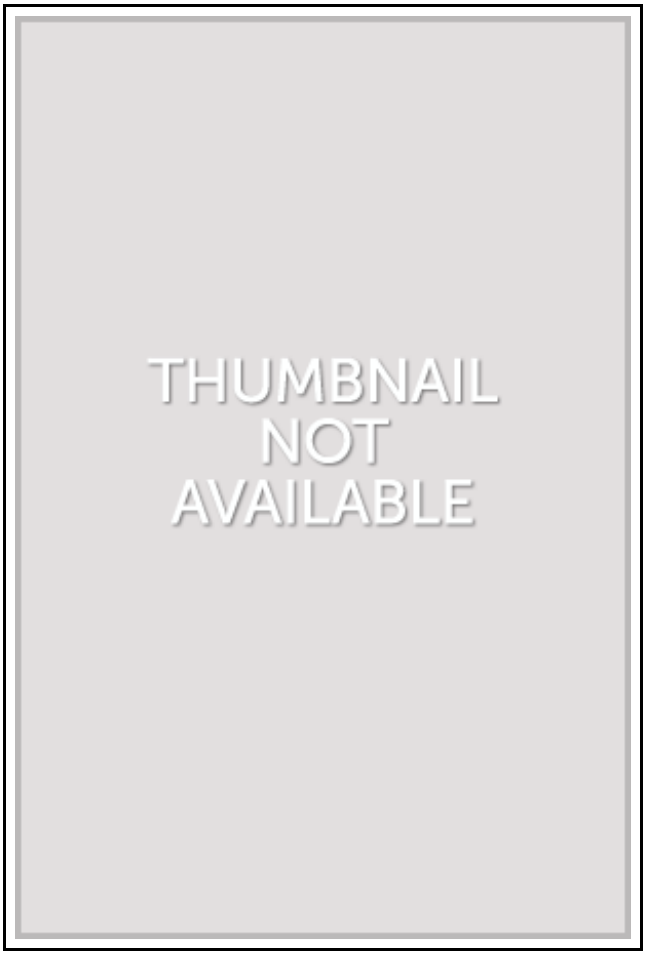

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John Wiley Sons Inc, United States, 2016. Paperback. Book Condition: New. 1. Auflage. 234 x 200 mm. Language: English . Brand New Book. Your all-encompassing guide to having a happy, healthy pregnancy Are you an expectant parent looking for sound, expert guidance as you prepare to welcome a new addition to your family? Pregnancy All-in-One For Dummies has done the legwork for you, offering a one-stop compilation of the hottest topics and most relevant information culled from several successful For Dummies pregnancy titles. Covering everything from conception to the delivery room and beyond it gives moms and dads-to-be the reassuring answers they need during this very special time. Your pregnancy and childbirth experiences should be happy ones, but they re bound to be rife with questions especially if you re a first-time parent, having a child later in life, or embarking on your first multiple birth. Luckily, this friendly guide is here to put your mind at ease, offering authoritative coverage of everything you can expect to encounter in the first, second, and third trimesters of pregnancy, as well as all the special considerations you may come across along the way, such as diet, exercise, labor and delivery options, breastfeeding, and so much more. * Make pregnancy and childbirth an enjoyable experience * Find out about nutrients that are critical to your baby s development * Get authoritative guidance on making a birth plan Why turn to dozens of pregnancy resources when all the helpful, down-to-earth guidance you re looking for is right here, in one convenient place?.

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