



Pregnancy All-In-One For Dummies

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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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From reader reviews:

Diane Smith:

Spent a free time for you to be fun activity to try and do! A lot of people spent their sparetime with their family, or their friends. Usually they accomplishing activity like watching television, planning to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? May be reading a book can be option to fill your no cost time/ holiday. The first thing that you ask may be what kinds of guide that you should read. If you want to attempt look for book, may be the guide untitled Pregnancy All-In-One For Dummies can be very good book to read. May be it can be best activity to you.

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Michelle Labat:

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