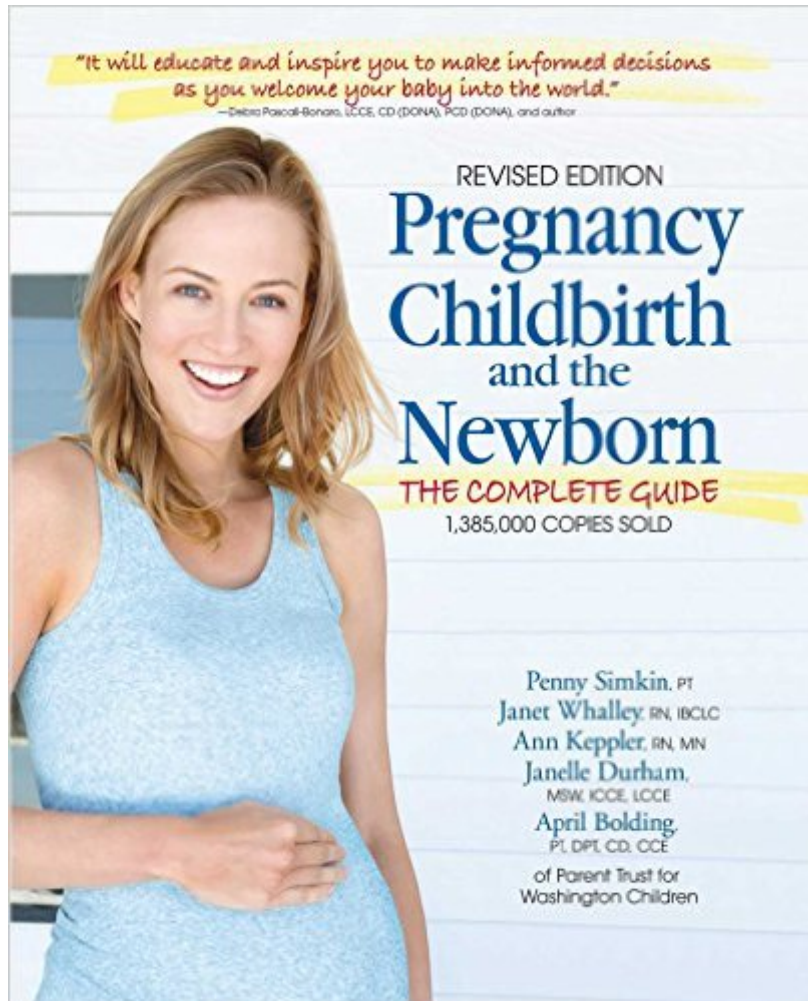


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# Pregnancy, Childbirth, And The Newborn: The Complete Guide



## Synopsis

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.

## Book Information

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## Customer Reviews

I checked out this book electronically from my local library twice! This being my first pregnancy, I had (and still have) a lot to learn and figure out. After the 2nd loan was about to expire, I kept thinking that even though I had read the entire book, I would love to have a copy for reference through the remainder of my pregnancy. So I bought a copy on , and I'm so glad that I did. Having the book allows me to mark certain topics for reference later. Best pregnancy book that I have read so far. The author does a great job of explaining options without being biased.

Definitely a must read for first time parents! The new design of the new addition is sleek and straight forward, with lots of updates. All evidence based information to support the safest and most efficient way to birth for mom and baby. I wish I would have had such a great resource when I had my first child. As a new childbirth educator this book will be so useful, I will be recommending it to all new parents!

This is a very comprehensive book that I really enjoyed reading. There were two things I was looking for in a pregnancy guide and this nailed both of them. The first was up-to-date information: this book includes current pain medications and current diagnostic testing methods. It even has information on where new research is leading. The second thing I was looking for was a happy medium between working with your doctor and birthing naturally without reading like a text book. I like that the author doesn't assume that your doctor wants to strap you to a bed and shoot you full of pain medication. It allows for a happy balance between listening to your doctor's advice and following through on a more natural birth plan or any method of birth that you choose.

I bought the first edition of this when I was pregnant with my son.... 30 yrs ago!! I recently bought 4 copies for my daughters!! SO incredibly glad that they were still in print... AND they've added some MORE wonderful info!! A must for every expectant Momma!

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