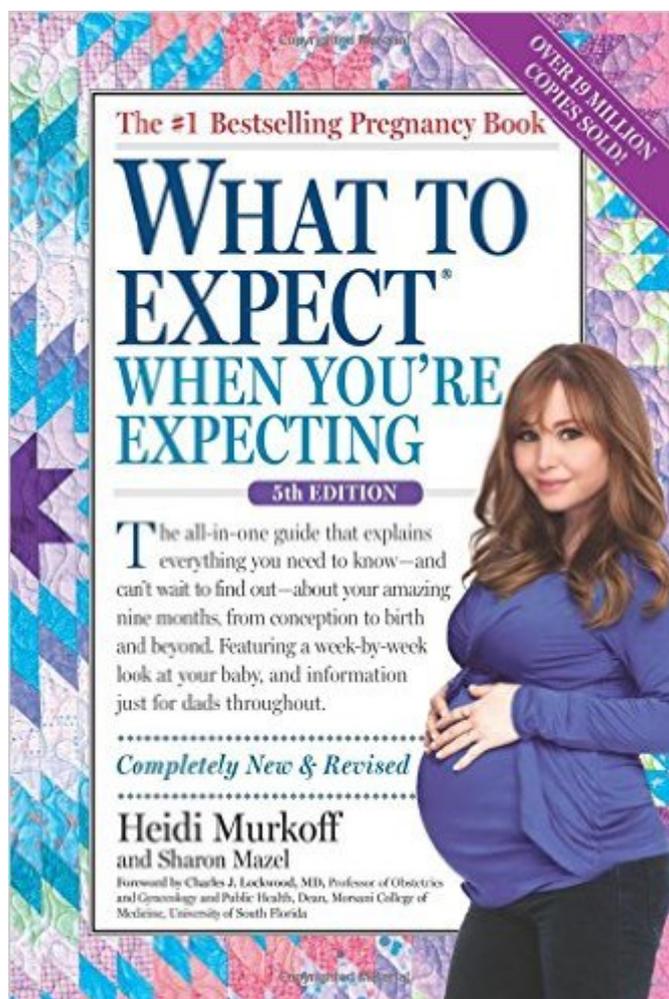


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# What To Expect When You're Expecting



## Synopsis

A completely revised and updated edition of America's pregnancy bible, the longest-running New York Times bestseller ever. With 18.5 million copies in print, *What to Expect When You're Expecting* is read by 93% of women who read a pregnancy book and was named one of the "Most Influential Books of the Last 25 Years" by USA Today. This cover-to-cover (including the cover!) new edition is filled with must-have information, advice, insight, and tips for a new generation of moms and dads. With *What to Expect's* trademark warmth, empathy, and humor, it answers every conceivable question expecting parents could have, including dozens of new ones based on the ever-changing pregnancy and birthing practices and choices they face. Advice for dads is fully integrated throughout the book. All medical coverage is completely updated, including the latest on Zika virus, prenatal screening, and the safety of medications during pregnancy, as well as a brand-new section on postpartum birth control. Current lifestyle trends are incorporated, too: juice bars, raw diets, e-cigarettes, push presents, baby bump posting, the lowdown on omega-3 fatty acids, grass-fed and organic, health food fads, and GMOs. Plus expanded coverage of IVF pregnancy, multiple pregnancies, breastfeeding while pregnant, water and home births, and cesarean trends (including VBACs and "gentle cesareans").

## Book Information

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## Customer Reviews

I just read this book cover to cover. No, seriously. And man, am I glad I was not pregnant at the time. This is far from the first pregnancy/childbirth/parenting book I've ever read. I'm a health and research nut, and a librarian, so I do a lot of research and reading before I do anything. I try to

consult a variety of sources from different viewpoints. Since this is the #1 most-recommended pregnancy book, I figured I might as well read this one too and see what all the fuss is about. I have yet to figure it out.1) The main issue I have with this book is the clear lack of research that went into it. There are absolutely ZERO references in the entire book (and it is a beast of a book). The author's credentials also seem to be limited to a) she's a mom, and b) she is the author of this book. Yet she spouts "knowledge" and information like it's gospel. The forward is written by an esteemed OB/GYN, and I can see why he endorses the book, which I will point out below, but as for any type of verified medical or research-based advice, that is it. She tells you exactly what to do, but offers nothing in the way of an explanation about why you should do it. Oh, she says "Do this because . . . ." and "Studies show . . . ." but gives no names or authors of those studies so that you can check it out for yourself. Maybe that works for some people, but not for me. I need more than the word of one woman who happened to have two children and write a book about it.2) This book perpetuates (possibly unintentionally) an increasingly disturbing (and increasingly outdated) "medical management" view of pregnancy and childbirth.

This was "THE BOOK" everyone told me to get when I got pregnant for the first time. So, of course, I ran out and bought it the moment my pregnancy test was positive! But, honestly, I didn't think it was that helpful. The second chapter is titled "Now that you are Pregnant" and most of that chapter deals with "what you may be concerned about" which could also be titled "everything that could possibly go horribly wrong with your pregnancy" and it scared me half to death. I think it increased the amount of worrying I was doing exponentially [which couldn't have been a good thing!]. I also thought the diet portion was pretty ridiculous. I agree that we need to eat very healthily, especially during pregnancy. I eat very well and I ate especially well when pregnant. However, no human being I've ever met could [or would] stick to this diet plan. It was so strict as to be useless, in my opinion. I think people do much better with a "eat well 90% of the time and let yourself fudge a little the other 10%" kind of plan. But the diet stuff DID succeed in making me feel really, really guilty for the duration of my pregnancy if I ate anything that was not whole grain, organic, and laced with a heaping spoonful of Wheat Germ. I also didn't think this was a very good guide to the "labor and delivery" part of the pregnancy, which was a big concern for me. This book was very "medical" in its outlook on labor and delivery and didn't go into very much detail about the process, really. I found "A Good Birth, A Safe Birth" to be much more useful, as well as "The Birth Book" by Sears.

When we decided to get pregnant, we read something like 25 books. One year and one baby later, I

kind of feel like an expert in baby books. So let me say that this book is far and away the best pregnancy book and it is no surprise that it has been a bestseller for many years. This book is a complete, professional, non-judgemental reference. A lot of books try too hard to be funny or cute. WTE is not humorless, but it deals with subject matter in a refreshingly straightforward way. The advice and help given echoes what our doctors have said and answered most of our questions before we even saw our Obstetrician (no, it's not a substitute). This book covered EVERYTHING. It answered all our questions about diet, medication, flu shots, cat ownership, false labor, vitamin supplements, cramps, ultrasound, breastfeeding or how to judge your OB/GYN. All the answers were in here, along with tons of other stuff we didn't think about until we came across it here. Most importantly, this book isn't judgemental. There are a ton of controversial issues associated with pregnancy (medication, breast feeding, circumcision). Lots of books out make a lot of assumptions about religion, single parents, "modern times" or they just avoid some issues entirely. This book assumes you can make up your own mind once you're presented with all the information. This book wasn't a replacement for our doctors, but it gave us a lot of really useful information without taking a side. If the book has a flaw, it is the diet section. Do yourself a favor and skip that section. In all fairness, this is a flaw of a lot of the books we read (some of them reading like 1950s "Keep Young And Beautiful" rants). Our doctor gave us a 10 page handout that gave us all the information we needed.

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