



### Expecting 411: The Insider s Guide to Pregnancy and Childbirth

By Michele Hakakha, Ari Brown

Windsor Peak Press, United States, 2014. Paperback. Book Condition: New. 3rd. 251 x 127 mm. Language: English . Brand New Book. Congratulations! You re pregnant! Now, where do you turn to for the best advice? What if you could bottle the wisdom of all those women who came before you--and combine it with the solid medical advice from a renowned Beverly Hills OB/GYN and nationally known pediatrician? Expecting 411 is the answer: smart, up-to-date and refreshingly free of paranoia, this is the book you ll turn to for quick answers to your most pressing questions. Inside, you ll find: Is this normal? From morning sickness to stretch marks, you ll learn what s expected--and what s not.Is it safe? Sushi? Hair dye? Coffee? Get detailed do s and don ts. How much weight should I gain? Find the latest guidelines.Breastfeeding 101. Learn the secrets of nursing from an expert. Detailed advice on prepping for parenthood, including all the decisions you need to make. What tests are required? Are optional? Easy-to-find answers on natural childbirth, nutrition, epidurals, when to call the doc and more! This brand new, revised 3rd edition of Expecting 411 features these updates: New guidelines for child birth--why there are no...



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