



Complete Pregnancy Guide: All You Need To Know From Conception To Birth, Preventing Miscarriages, Managing Your Weight And Preparing For The Baby's Arrival

Diane Wilson

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Looking forward to getting pregnant brings mixed emotions in a couple's life. For most part, most couples feel elated at the thought of getting the bundle of joy in their lives. The vision of a sweet baby remains etched in their eyes and they look forward to holding the baby in their arms. A small part however, wonders whether they are fully prepared for the baby.

It is in this book that questions flooding your mind regarding the entire process of pregnancy and child birth are answered. Right from the moment you want to know the signs of pregnancy, the diet to adopt, the lifestyle and exercises to adopt, complications to look out for and even determining sex of the baby, it remains important to understand the whole process. Often, mothers ponder on how to manage weight during pregnancy. Details of how to manage weight during and after pregnancy are also explained in this book. A lot more frequently asked questions are answered in this book for first time mothers and subsequent child mothers. Avoid feeling unprepared and read all there is know about pregnancy and child birth.

*** Newly Updated ! A chapter about ectopic pregnancy has been added.

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David Hernandez:

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David Henry:

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Phillip Herzog:

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