

The Girlfriends Guide To Pregnancy Read Online

The average pregnancy lasts 280 days—and the suspense can be excruciating! The Pregnancy Countdown Book counts down the biggest milestones every step of the way, with one page of helpful information for each day of your pregnancy. Here are tips from doctors and mothers, amusing anecdotes and quotes, and all of the uncensored details that other books won't tell you. The perfect gift for expecting moms of all ages, The Pregnancy Countdown Book is a delightfully irreverent look at the craziest nine months of your life.

Your doctor gives you medical advice. Your mother buys you baby clothes. But who can give you the real skinny when you're pregnant? Your girlfriends, of course -- at least, the ones who've been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Four-time delivery room veteran Vicki Iovine talks to you the way that only a best friend can—in the book that will go the whole nine months for every mother-to-be. Here is straight talk about those little things that are too strange or embarrassing to ask anyone about, practical tips and hilarious takes on everything pregnant. From learning you're expecting ("Oh my god, how do I get out of this?") to the day your newborn arrives ("You mean I have to take the baby home with me?"), she gives you the lowdown on: WHAT REALLY HAPPENS TO YOUR BODY -- from morning sickness to eating everything in sight, what to expect when going from being a babe to having one. COMMON FEARS AND PARANOIA -- from turning into your mother to leaving the baby on the car roof, rest assured your anxieties are perfectly normal. THE MANY MOODS OF PREGNANCY -- or why you're so irritable/distracted/tired/lightheaded (or at least, more than usual). THE PREGNANCY YENTAS -- from your mom to his mom, they think they know everything -- and they don't hesitate to tell you what you're doing wrong. Girlfriend, take heart: if it's working for you, then you're doing just fine. HOW TO HAVE SEX DURING PREGNANCY, SHOULD YOU SO DESIRE -- bearing in mind you'll have no interest afterward. LOOKING AND FEELING YOUR BEST -- cautionary style tips from your best friend, who really would tell you if your perky newmom haircut makes you look like a pinheaded whale. When you need a reassuring voice or just a few good belly laughs, turn to The Girlfriends' Guide to Pregnancy.

The Girlfriends' Guide to Pregnancy meets *Lobster Is the Best Medicine* in this collection of funny illustrations that perfectly depicts the awkward and uncomfortable realities of pregnancy—because creating a tiny human isn't just sunshine and smiles. Being “a little bit pregnant” may not be a thing. But being “so pregnant”? It's so possible. In this hilarious book, mom and illustrator Line Severinsen delivers the often ignored, but always honest truth about those magical—and sometimes messy—nine months of pregnancy. From morning sickness that lasts all day to weird dreams that last all night and heartburn that just won't quit, I'm So Pregnant perfectly captures what it is really like being pregnant. Unlike strangers touching your belly, these playful and adorable cartoons will touch your heart and give a whole new meaning to “belly laugh.”

The practical, comforting, honest, and hilarious bestseller for moms-to-be, with more than one and a half million copies in print! Your doctor gives you medical advice. Your mother buys you baby clothes. But who can give you the real skinny when you're pregnant? Your girlfriends, of course—at least, the ones who've been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Four-time delivery room veteran Vicki Iovine talks to you the way only a best friend can—in the book that will go the whole nine months for every mother-to-be. In this revised and updated edition, get the lowdown on all those little things that are too strange or embarrassing to ask, practical tips, and hilarious takes on everything pregnant. What really happens to your body—from morning sickness and gas to eating everything in sight—and what it's like to go from being a babe to having one. The Many Moods of Pregnancy—why you're so irritable/distracted/tired/lightheaded (or at least more than usual). Staying Stylish—You may be pregnant, but you can still be the fashionista you've always been (or at least you don't have to look like a walking beachball)—wearing the hippest designers and proudly showing off your bump. Pregnancy is Down To a Science—from in vitro fertilization to scheduled c-sections, there are so many options, alternatives, and scientific tests to take that being pregnant can be downright confusing! And much more! For a reassuring voice or just a few good belly laughs, turn to this straight-talking guide on what to really expect when you're expecting.

The Girlfriend's Guide to Pregnancy

A Modern Guide to Pregnancy, Birth, Early Motherhood—and Trusting Yourself and Your Body

A Guide to Your Emotions from Pregnancy to Motherhood

Explaining Early Pregnancy Loss to Young Children

Conquer the Chaos-- and Have Some Fun While You're at It!

Oh Sis, You're Pregnant!

A "real-world" cookbook for expectant moms is designed to meet both nutritional needs and cravings with a health-conscious blend of nutritional and indulgence recipes geared to each stage of a pregnancy. Original.

No Marketing Blurb

*The fourth book in Dawn Dais's popular *Sh!t No One Tells You* series offers "been there, freaked out about that" advice for expectant parents. The fourth title in Dawn Dais's popular parenting series, *The Sh!t No One Tells You About Pregnancy* is quite possibly the funniest, and most heartfelt, yet. After all, pregnancy is not all about scanning Pinterest for baby shower themes and registering for ironic onesies, and sometimes the less flattering aspects of gestation have a way of dimming a bit of that so-called pregnancy glow. Not to worry! Dawn is here, ready to shepherd you through the experience of one human body taking on the task of growing another human body. (Spoiler alert: It ain't always pretty.) Dawn covers it all, sharing expert lists, tips, warnings, and even a series of Parent-Training Workouts designed to increase readers' tolerance to the various indignities of parenthood, like peeing with an audience and surviving an afternoon in Chuck E. Cheese. *The Sh!t No One Tells You About Pregnancy* is a must-have guide for expectant moms (and their partners!) who are looking for some counsel, comedy, and camaraderie during their ultimate countdown to parenthood.*

*The Girlfriends' Guide to Pregnancy meets *What to Expect When You're Expecting* for today's professional black woman. *The Mocha Manual to a Fabulous Pregnancy* is a straight-talking handbook to pregnancy with contributions by doctors and personal stories from black women and celebrity moms. Kimberly Seals-Allers offers candid advice on specific health concerns affecting black women such as high blood pressure, sickle cell disease, diabetes, and low birth weight, as well as information about how to get your finances in order, how to cope with embarrassing pigmentation and hair texture changes, single-parenting, maternity fashion, how to deal with demanding jobs and hormone-induced meltdowns. Hip, funny, and refreshingly frank,*

this book is a must-have for all mothers-to-be.

The Girlfriends' Guide to Parties and Playdates

The Best Friends' Guide to Pregnancy Daily Diary

The Christian Mama's Guide to Having a Baby

How to Get (Both of You) Through the Next 9 Months

The Most Intimate Revelations about the Girlfriends' Guide to Pregnancy

The Sh!t No One Tells You About Pregnancy

Dude, You're Gonna Be a Dad!

This accessible diary of a pregnancy aims to be as instructive as it is readable, and is now in spiral bound paperback.

There are approximately 3,712 ways for a guy to look stupid during pregnancy - this book's here to help you avoid all(most) of them. And here's your first hint: Focus on what you can be doing for her rather than what's happening to her. She's pregnant. She knows that. You know that. And her 152 baby books tell her exactly what she can expect. Your job is to learn what you can do between the stick turning blue and the drive to the delivery room to make the next nine months go as smoothly as possible. That's where John Pfeiffer steps in. Like any good coach, he's been through it. He's dealt with the morning sickness and doctor visits, painting the baby's nursery and packing the overnight bag, choosing a name, hospital, and the color of the car-seat cover. All the while he remained positive and responsive - there with a "You're beautiful" when necessary - but assertive during the decision-making process (he didn't want to wind up with a kid named Percy). And now it's your turn. She might be having the baby, but you have plenty of responsibilities.

A 9-month journal by Amy K. 96 two-color pages w/concealed wire-o binding.

The New York Times bestseller--never shy, frequently crude and always funny, Jenny McCarthy gives the lowdown on pregnancy in the grittiest girlfriend detail Revealing the naked truth about the tremendous joys, the excruciating pains, and the inevitable disfigurement that go along with pregnancy, Jenny McCarthy tells you what you can really expect when you're expecting! From morning sickness and hormonal rage, to hemorrhoids, granny panties, pregnant sex, and the torture and sweet relief that is delivery, Belly Laughs is must-read comic relief for anyone who is pregnant, has ever been pregnant, is trying to get pregnant, or, indeed, has ever been born!

A Guide to Surviving Pregnancy, Childbirth, and Beyond

The Belly Book

Loving Your Family Without Losing Your Mind

The Best Friends' Guide to Getting Your Groove Back

The Only Pregnancy Book You'll Ever Need

The Mommy Docs' Ultimate Guide to Pregnancy and Birth

Wise and Witty Advice on Everything from Coping with Postpartum Moodswings to

The Girlfriends' Guide to Pregnancy Second Edition Simon and Schuster

Everything you need to know about pregnancy—from weight gain to stretch marks to figuring out how to rely on Christ through the ups and downs of the next nine months. This comprehensive guide is packed with information that every newly pregnant Christian mama needs—including: help for pregnancy insomnia, morning sickness, weight gain and more advice on how to maintain a godly attitude and outlook during pregnancy—even when you're feeling anything but godly what to expect from doctor check-ups, your encounters with the scale and labor and delivery tips on how to survive food cravings, aversions, and even dreaded pregnancy exercise healthy eating advice for pregnancy that doesn't outright ban ice cream sundaes ideas on how to keep your marriage a priority when you're pregnant, including a guide for Christian dads-to-be and even pregnancy sex tips This detailed guide takes you through each trimester with helpful tips, humorous accounts, and supportive spiritual advice--all with a girlfriend-to-girlfriend approach that will help moms feel comfortable as they navigate this life-changing time.

Expert advice for delivering a happy and healthy baby! From boosting your vitamin intake to picking out the perfect crib, it's not always easy to figure out what your growing baby needs--especially if you're new to parenthood. Featuring guidance from top childbirth experts, *The Only Pregnancy Book You'll Ever Need* answers all the questions that come up after you get the big news. From your first trimester to the delivery room, you'll learn all about the different phases of pregnancy and how you can provide your growing baby with everything he needs. This indispensable guide also offers practical advice and parent-tested strategies on: Understanding physical and emotional changes Selecting the right pregnancy diet Understanding prenatal tests and screenings Choosing the best labor and delivery options Budgeting for your new addition to the family Complete with checklists and fill-ins to help keep track of your pregnancy, this one-stop resource includes only the most important information so that you are truly prepared for the months ahead.

WHO KNEW BABIES NEEDED SO MANY ACCESSORIES? It ' s official. You ' re pregnant. Get used to the fact that life is never going to be the same. And break out the credit card, because that little bundle of joy is going to cost you. The list seems endless—from car seats to changing pads. But don ' t despair. The Girlfriends are here to take some of the guesswork out of shopping for baby-to-be. We ' ll tell you when to skimp and when to splurge, and which hand-me-downs are safe and which are sorry. You ' ll get advice on... Where to get what you need Crib and car seat do ' s and don ' ts Wardrobe musts and misses—for mother and child Stocking the nursery and the rest of the house What every new mom should have on hand for herself The Master Shopping List—don ' t leave home without it! Plus the Top 10 Things to Do for Yourself Before the Baby Arrives, the Top 10 Baby Items You Won ' t Find at a Baby Store, the Top 10 Best—and Worst—Things to Borrow, the Top 10 Signs of a First-Time Mom, and more...

Mayo Clinic Guide to a Healthy Pregnancy

Or Everything Your Doctor Won't Tell You

The Girlfriends' Guide to Pregnancy Daily Diary

The Mocha Manual to a Fabulous Pregnancy

Nurture

Easy Labor

The Dudes' Guide to Pregnancy

Book description to come.

Three top ob/gyn's--who are also moms themselves and hosts of the Oprah Winfrey Network's Deliver Me--offer a comprehensive guide to pregnancy.

Original. TV tie-in.

No one understands the difficulties of being a woman better than Vicki Iovine. The author of the hugely successful Best Friends' series, has guided women through most of the milestones in their lives - from being pregnant to surviving the first years of motherhood. Now in her new book, Vicki Iovine tackles the dilemma that plagues every modern woman and mother - how to manage family, work and a personal life all at the same time. With the wit, wisdom and sass that has made her loved, Vicki Iovine takes up all the big issues and breaks them up into manageable sections - ways to stay connected with your spouse, keeping up with the kids, work/home conflicts etc. Funny, pragmatic, and efficient, The Best Friend's Guide to Getting your Groove Back teaches women how to regain control of their lives with attitude - this is an indispensable book for any woman.

No one ever tells you about all of the crap that happens to you when you're pregnant. Like, for example, it's not nine months, it's ten long months. We are three thirty-something women who were fortunate enough to be pregnant at the same time. We shared our questions, fears, humor, and experiences through emails, which became our lifeline and virtual support group. Here, we share the good, the bad, and the ugly of our experiences. We do not hold back for the squeamish or the faint of heart--you need the truth, and now! We are all social workers with graduate education, and we have all worked in the obstetrical units of hospitals for many years. Along the way, we thought it might be helpful to have someone sane weigh in on our hormonal ramblings, so we asked Dr. Bob, a specialist in high-risk pregnancies to help us out. But, we know that all of this experience is nothing like being pregnant yourself! So prop up your cankles, rest this book upon your shelf of a belly, and check out our email log. We made it through the entire experience and lived to tell the tale--and you will too.

A Nine-Month Journal for You and Your Growing Belly

What No One Tells You

The Impatient Woman's Guide to Getting Pregnant

An Expectant Mom's Guide to Everything

Delivering the Truth about the Glow of Pregnancy and Other Blatant Lies

I'm So Pregnant

The Pregnancy Test

EATING WELL WHEN YOU'RE EXPECTING provides mums-to-be with a realistic approach to navigating healthily and deliciously through the nine months of pregnancy - at home, in the office, at Christmas, in restaurants. Thorough chapters are devoted to nutrition, weight gain, food safety, the postpartum diet, and how to eat when trying to conceive again. And the book comes with 150 contemporary, tasty, and healthy recipes that feed mum and baby well, take little time to prepare, and are gentle on queasy tummies. At the heart of the book are hundreds of pressing questions every mother-to-be has: Is it true I shouldn't eat any food cooked with alcohol? Will the caffeine in coffee cross into my baby's bloodstream? I'm entering my second trimester, and I'm losing weight, not gaining - help! Is all sushi off limits? How do I get enough calcium if I'm lactose intolerant? I keep dreaming about a hot fudge sundae - can I indulge? (The answer is yes!)

Your guide to the emotions of pregnancy and early motherhood, from two of America's top reproductive psychiatrists. When you are pregnant, you get plenty of advice about your growing body and developing baby. Yet so much about motherhood happens in your head. What everyone really wants to know: Is this normal? -Even after months of trying, is it normal to panic after finding out you're pregnant? -Is it normal not to feel love at first sight for your baby? -Is it normal to fight with your parents and partner? -Is it normal to feel like a breastfeeding failure? -Is it normal to be zonked by "mommy brain?" In *What No One Tells You*, two of America's top reproductive psychiatrists reassure you that the answer is yes. With thirty years of combined experience counseling new and expectant mothers, they provide a psychological and hormonal backstory to the complicated emotions that women experience, and show why it's natural for "matrescence"—the birth of a mother—to be as stressful and transformative a period as adolescence. Here, finally, is the first-ever practical guide to help new mothers feel less guilt and more self-esteem, less isolation and more kinship, less resentment and more intimacy, less exhaustion and more pleasure, and learn other tips to navigate the ups and downs of this exciting, demanding time

Looks at the history of baby names, provides lists of names based on popular themes, and presents entries that include definitions and variations.

If life is a series of tests, Mandy Keeling just hit the mother lode. Ordinarily, I'm a fan of pink--lovely color, does smashing things for the complexion. But not when it's the bright, glaring stripe staring back at me on the pregnancy test. Then, pink is the color of major oops, of morning sickness, of boyfriends who seemed decent but now are part of some Jerk Witness Protection Program. Still, I've got a few things going for me--bitter humor, a divine right to eat till I'm the size of Marlon Brando, and good friends who've managed to get me a job interview with one Damien Sharpton: in need of a personal assistant, and some say, a good, swift kick in the arse. If you want to make a lasting impression, by all means, toss your cookies in your future boss's wastebasket, which is located directly between his excruciatingly sexy legs. Apparently, Mr. Gorgeous-But-Unbearably-Anti-Social must like personal assistants who violate his trashcan, because I got

the job. And if I can avoid him via text messaging for the next nine months of free health insurance, everything will be just fine. Except that he's just asked--no, insisted--that I go with him on a business trip to the Caribbean. Gulp. Ordinarily, this would be cause for celebration. Ordinarily, I'd shave my legs, pack my bikini, revel in day-glo drinks and my seething lust for Mr. Swarthy-And-Secretive. But there's nothing ordinary about this situation. . .which means it could be absolutely extraordinary. . .

The Girlfriends' Guide to Pregnancy

What to Expect: Eating Well When You're Expecting

The Best Friends' Guide to Getting Your Life Back

The Pregnancy Countdown Book

Second Edition

Dealing with Your Expecting Wife, Coming Baby, and the End of Life as You Knew It

Belly Laughs, 10th anniversary edition

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." -Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

Provides entertaining suggestions for both at-home parties and off-premises playdates, with game and craft ideas, affordable and healthy alternatives to goody bags, age-specific activities and gifts, and other helpful advice.

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "The Girlfriends' Guide to Pregnancy."

Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

With a combined total of over 300,000 Girlfriends' Guides in print, Vicki Iovine offers the kind of tongue-in-cheek humor and straight-from-the-hip advice that has made her one of today's most popular authorities on child rearing. Now she takes the next step in the Girlfriends series by helping mothers deal with that mysterious, baffling, often adorable and frequently alarming being their baby has become--a toddler.

It's Really 10 Months

The Girlfriends' Guide to Pregnancy Diary

The Ultimate Guide to Black Pregnancy & Motherhood

The Girlfriends' Guide to Toddlers

Everything You Need to Know to Survive (and Love) Your Pregnancy

The Best Friends' Guide to Pregnancy

An Illustrated Look at the Ups and Downs (and Everything in Between) of Pregnancy

Why is Mommy Crying? -explaining early pregnancy loss to young children comforts children as young as three, their parents, extended family, and friends. One is often at a loss how to engage with those in grief, whether adult or child. Because

miscarriage affects about a third of pregnancies, most readers likely know someone who has experienced this sadness. This

beautifully illustrated, inclusive, nondenominational picture book helps recipients of every age know that the door is open, and a

caring person is on the other side. Written by an experienced physician, Why is Mommy Crying? comforts in the context of family

and the larger universe. Young ones are also helped in navigating their fears. The young protagonist, Max, uses his imagination,

and accompanied by his stuffed animal, Mink, begins to understand what has made his mother sad. His imagery and ideas offer a

gentle springboard to discuss with children and the adults who love them the broader concepts surrounding grief and recovery.

For teens faced with an unplanned pregnancy, the news can be devastating. Typically, most attention is focused on the needs of the

mother, but teenage fathers also face a future filled with fear, doubt, and guilt. My Girlfriend's Pregnant! provides much-needed information and support for teens suddenly thrust in the role of father. Based on interviews with teenage dads, social workers, and medical professionals, this book explores: What it's like to discover that your girlfriend is pregnant What to expect during pregnancy and childbirth The experience of parenthood--both positive and negative How involved the role of a teen dad can be How parenthood can affect young relationships The stress of being a teen dad The impact of abortion and adoption on young fathers. With an extensive list of further readings and resources to help with issues ranging from child support to bonding with your child, this book illustrates to young dads that they are not alone and that there are positive ways of dealing with the difficult choices that lie ahead.

A revised edition of a best-selling reference features twenty-five-percent new material and the original work's trademark combination of humorous and down-to-earth advice, in a resource that features a wealth of anecdotal tips on everything from maternity clothes and pregnancy sex to birthing options and postpartum recovery. Original. 100,000 first printing.

When it comes to your new baby, everyone from Dr. Spock to Dr. Brazleton has an armful of advice. But no one's delivering any tips on how you can care for yourself. Now, four-time delivery room veteran Vicki Iovine answers your questions, calms your fears, and cracks you up as only a girlfriend can, with straight advice and hilarious observations on... "Baby euphoria": Is it a mind-altering drug? "Husband? What Husband?": Taking care of the big baby, as well as the little baby "I Want My Old Body Back!": What you can fix and what you can't "The Droning Phenomenon": The inability to discuss anything but your baby for more than thirty seconds "Do I Have to Become Carol Brady?": Conquering your fear of being a less-than-perfect mother "Competitive Mothering": Coping with know-it-alls, finger-pointers, and others who try to "Out-Mom" you NOTE: Pausing to read this book may be the only selfish thing you do all year, since you'll have time for nothing else!

The Complete Book of Baby Names

A Pregnancy Survival Cookbook

The Girlfriends' Guide to Getting Your Groove Back

My Girlfriend's Pregnant!

Why is Mommy Crying?

The Girlfriends' Guide to Baby Gear

The Girlfriends' Guide to Surviving the First Year of Motherhood

Bust out of that mommy rut and get into the groove! When a mother finally emerges from the mommy mole tunnel of pregnancy, breastfeeding, potty-training and preschool, she comes to the inevitable realization: The road to maternity is a one-way street. No U-turns allowed. You've survived the battles of baby- and toddler-hood, playdates and temper tantrums to time-outs. And just when it seems your former life is within reach—taking up neglected jobs and hobbies, committing to a fitness program, rediscovering the boyfriend living in the body of your husband—you crash headfirst into the wall of reality. The kids may be able to fasten their own seatbelts and pour their own cereal, but the homework, tucking in, car pools, and birthday parties have just begun. Let Vicki Iovine, author of The Girlfriends' Guides, show you how to navigate the twists and turns of family life—and find time for your kids, your spouse, your home, your work, and yourself. You're not alone in this "mommy adolescence." In The Girlfriends' Guide to Getting Your Groove Back, Iovine provides her trademark sage, witty advice on: - How to focus at work when things at home are in chaos—and vice versa - Making time for yourself—and not the PTA - Getting over the romantic myth of "date nights" and weekends away from the kids - Homework help—your transformation into a human flashcard - The dinnertime crush and how to relieve frozen pizza fatigue Iovine puts the perils of perpetual parenthood into perspective. You'll feel like you do after a long chat with a good friend—relaxed, refreshed, and ready to reclaim your life ...

***THE FIRST COMPLETE, COMPREHENSIVE GUIDE TO PAIN RELIEF DURING LABOR AND DELIVERY* Far too many expectant mothers find themselves unprepared when labor begins and natural techniques don't effectively manage the pain. This indispensable guide provides reassuring, proven approaches to combining medical and natural techniques to ensure the most comfortable pain-free labor possible. In Easy Labor, you'll discover • what to expect during labor, and key factors that affect your comfort • the facts on epidurals, safety concerns, and how effectively they reduce pain • the pros and cons of pain-relief medications • complementary and alternative methods, including water immersion, acupuncture, hypnosis, massage, and birth balls • how your choice of hospital or birth center affects your pain-management options • techniques to calm and eliminate the specific fears and stresses associated with childbirth So relax and enjoy your pregnancy, with this important book by your side!**

Comforting and intimate, this "girlfriend" guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. The Impatient Woman's Guide to Getting Pregnant is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who's been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive

for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging— that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you’ve been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you’re ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, *The Impatient Woman’s Guide to Getting Pregnant* is the bedside companion to help you through it.

Your doctor gives you medical advice. Your mother buys you baby clothes. But who can give you the real story when you're pregnant? Your best friends of course - at least the ones who've been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Now, four-time delivery-room veteran Vicki Iovine helps you through the next nine months the way only a best friend can. Here is straight talk about those little things that are too embarrassing to ask about, practical tips and hilarious tales on anything pregnant. From learning that you're expecting ('Oh my God, how do I get out of this?') to the day your newborn arrives ('You mean I have to take it home with me?'), Iovine gives you the low-down on- What really happens to your body - from morning sickness and wind to eating everything in sight The many moods of pregnancy - or why you're so irritable/distracted/tired/lightheaded (well, more than you usually are) Staying Stylish - cautionary style tips from your best friend, who really would tell you if your perky new-mum haircut makes you look like a pinhead whale Pregnancy Is Down to A Science - from in-vitro fertilisation to scheduled C-section, the latest technology provides so many options, alternatives, and tests - it can be downright confusing ..

Every Woman's Guide to Choosing Less Pain and More Joy During Childbirth

Barefoot in the Kitchen

Nine Months of Practical Tips, Useful Advice, and Uncensored Truths

What to Buy, What to Borrow, and What to Blow Off!

Reissued

The Naked Truth about Pregnancy and Childbirth

Filled with straight talk from a four-time delivery room veteran, this book sees readers through the most exhilarating and exhausting time of their lives, one day at a time. An entire year's worth of invaluable--often hilarious--advice on everything from stretch marks, morning sickness, and maternity underwear to bladder control, pregnancy insanity, and postpartum dementia is included.

When a couple gets pregnant, typically, the first thing the mother-to-be does is rush out to the bookstore to buy the various pregnancy bibles. But how is the expectant father supposed to know what to expect? He could wait in the dark and take his cues from his partner, or he could prepare himself for anything and everything by seeking the counsel of two regular dudes, who have climbed the steep learning curve (and lived to tell) that comes when having a baby. THE DUDES' GUIDE TO PREGNANCY dispenses irreverent, honest, practical advice for the expectant father in an easy-to-understand--and often hilarious--man-to-man format. Taking you through the entire nine month process, the Dudes offer advice on what to expect from your newly pregnant wife (paranoia, morning sickness, enlarged breasts, no sex); the dos and don'ts of dealing with your wife's body and mood changes, your mother-in-law and other family members; and the nitty-gritty details of what is expected of you and how your life will be changing during the next 40 weeks. THE DUDES' GUIDE TO PREGNANCY gives twenty-something to forty-something men the indispensable tools and advice they need to maneuver the many ups and downs associated with impending fatherhood.

What to Expect When You 're Black, Pregnant, and Expecting “ This book stands as the modern-day guide to birthing while Black. ” Angelina Ruffin-Alexander, certified nurse midwife, owner of Touch of Osun Midwifery Services #1 New Release in Pregnancy & Childbirth and Minority Demographic Studies, Medical Ethics, and Women's Health Nursing Written with lighthearted humor and cultural context, Oh Sis, You 're Pregnant! discusses the stages of pregnancy, labor, and motherhood as they pertain to pregnant Black women today. Tailored to today 's pregnant Black woman. In the age of social media, how do pregnant women communicate their big announcement? What are the best protective hairstyles for labor? Most importantly, how many pregnancy guides focus on issues like Black maternal birth rates and what it really looks like to be Black, pregnant, and single today? Written for the modern pregnant Black woman, Oh Sis, You 're Pregnant! is the essential what to expect when you're expecting guide to understanding pregnancy from a millennial Black mom 's point of view. Interviews, stories, and advice for pregnant women. Written by Black Moms Blog founder, Shanicia Boswell, Oh Sis, You 're Pregnant! tackles hard topics in a way that truly resonate with modern Black moms. With stories from her experiences through pregnancy, labor, and motherhood, and lessons learned as a mother at twenty-two, Oh Sis, You 're Pregnant! focuses on the common knowledge Black pregnant mothers should consider when having their first baby. It also shares topics beneficial to pregnant Black women on their second, third, or fourth born. Inside you 'll find answers to questions like, how: • Do I financially plan for my birth? • Can I maintain my relationship and friendships during motherhood? • Will I self-advocate for my rights in a world that already views me as less than? If you enjoyed books like Medical Apartheid, 50 Things To Do Before You Deliver, The Girlfriends' Guide to Pregnancy, or Birthing Justice, then you 'll love Oh Sis, You 're Pregnant!