



What You Need To Know When You're Expecting: The Complete Pregnancy Guide For Moms And Dads (Volume 1)

Dr. Jyothi Shenoy

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Do You Want To Know EXACTLY What To Do To Prepare For A New Child? Here you will discover what you need to do, why you need to do it, and when you need to do it...all in an easy to understand, step-by-step fashion. Inside this complete pregnancy guide, you will learn: - The 11 most important facts about pregnancy that all mom's and dad's need to know - The top 10 pregnancy myths - The most recent developments in obstetrics that will save you time and energy - The physical symptoms you will experience and the solutions - Dangerous pregnancy symptoms that should not be ignored - Diet and nutrition tips for a pregnant woman - Guidelines for safe exercises during pregnancy - How to handle the emotional roller coaster during pregnancy - The most current lifestyle trends in the pregnancy world - What's hot and what's not for sex during pregnancy - How to juggle a busy career with your pregnancy - Travel tips for pregnant women - What a man needs to know about pregnancy - Safe skin-care products during pregnancy - What clothes you should and shouldn't wear during pregnancy - The packing list for the hospital or birth center Imagine how much of a relief it will be for you once you have all this important information at your finger tips. To get started with this pregnancy guide, simply click the orange Buy-Now button at the top-right.

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