



What to Expect When You're Expecting

Heidi Murkoff, Sharon Mazel

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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 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").

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Antonio Fells:

Playing with family inside a park, coming to see the water world or hanging out with friends is thing that usually you might have done when you have spare time, in that case why you don't try point that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you already been ride on and with addition details. Even you love What to Expect When You're Expecting, you could enjoy both. It is great combination right, you still want to miss it? What kind of hang type is it? Oh come on its mind hangout folks. What? Still don't understand it, oh come on its named reading friends.

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