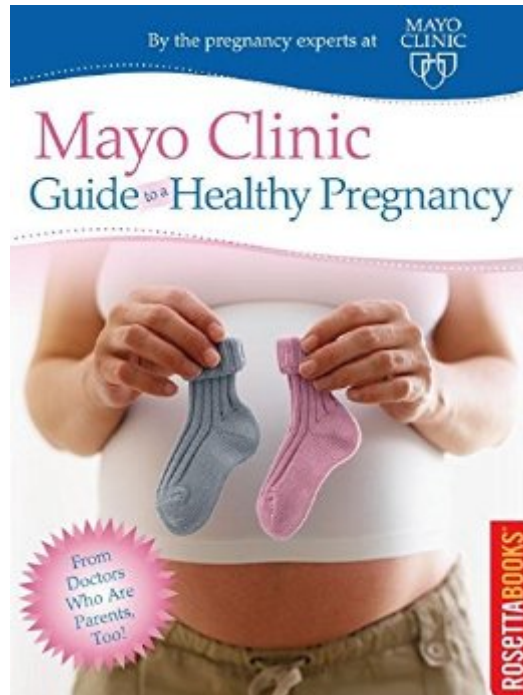


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# Mayo Clinic Guide To A Healthy Pregnancy (Bestsellers)



## Synopsis

Any woman looking for accurate, reliable, and authoritative information from a reliable source will surely appreciate this pregnancy book from the world-class Mayo Clinic. There are hundreds of pages of in depth information that new parents will find useful and informative. Features include week-by-week updates on baby's growth as well as month-by-month changes that mom can expect and a forty-week pregnancy calendar as well as a symptom guide and a review of important pregnancy decisions. In this illustrated book you'll also find pre-pregnancy advice: how to get pregnant in the first place and once you are pregnant, meal planning tips, healthy exercise, safe medication use, and general parenthood advice. This pregnancy book is the result of the efforts of a collective team of pregnancy experts who find nothing in medicine more exciting and satisfying than the birth of a healthy child with a healthy mother. Mayo Clinic Guide to a Healthy Pregnancy is an essential pregnancy resource for parents-to-be.

## Book Information

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## Customer Reviews

I had bought several pregnancy books, including the Mother of All Pregnancy books and a couple of others, shortly after finding out I was pregnant. I kept getting disappointed by them - either the tone

of the book would be off, or the information wouldn't be complete enough, or the book would be too cutesy for me to stomach. I got a recommendation from someone for this book, and after I read it I was sorry that I had wasted any money on other books. This is the only pregnancy book I need. It's hard to describe just how comprehensive the information is. If you, as a pregnant woman, need to know about something, it's discussed in this book. There's a large section on pregnancy discomforts and problems, but it's written in such a way that it's not depressing at all. The book is very straightforward about common pregnancy symptoms - if something hurts, they don't pussyfoot around, they say "this hurts" - but yet not negative about the experience of pregnancy either. The tone of the book is very straightforward, but yet upbeat at the same time. There are great week-by-week descriptions of what's happening with your baby, complete with illustrations, and in the week-by-week chapters there are also discussions of issues relevant to your pregnancy and suggestions about things you might want to think about or make some decisions about at that stage. There is VERY extensive information about prenatal testing, complete with great diagrams (this was the first book that showed me what really happens during CVS testing) and the information is presented in a neutral, nonbiased way that really aids decision-making when it comes to prenatal tests. One of the most helpful features of this book are the "decision-making guides" in the middle.

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