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By Jeanne Faulkner

Random House USA Inc, United States, 2015. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book. Become a mama without the drama When you re pregnant, your friends, the Internet, and even your doctor often give advice that leaves you anxious and overwhelmed. You deserve a calm, straightforward, no-nonsense pregnancy. It s time to dial down the stress and dial up the common sense. Common Sense Pregnancy is a breath of fresh air: accessible, authoritative, funny, reassuring, and personable, while still chock-full of comprehensive, medically-sound advice. Women s health expert, labor nurse, mother of four, and Fit columnist Jeanne Faulkner has been at the bedside for thousands of deliveries and provides the honest insider advice you need during pregnancy, labor, birth, and beyond, including straight talk on: . Which prenatal tests you actually need, and which you don t. . Who s on your labor team and how to keep your labor room drama free. . What about sex? . How to deal with feeling lousy. . What works and what doesn t for starting labor naturally. . How to avoid unnecessary and risky medical interventions. Whether you want your pregnancy and birth to be...



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