



## The Everything Guide to Pregnancy Over 35: From Conquering Your Fears to Assessing Health Risks - All You Need to Have a Happy, Healthy Nine Months (Paperback)

By Brette McWhorter Sember

Adams Media Corporation, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Many women are now waiting to have children, often putting a career and building a life before starting a family. The Everything [registered] Guide to Pregnancy Over 35 is a complete guide for mothers-to-be over 35 who are weighing their fertility options. Useful information is included on knowing the benefits - and risks - of being an older mother, benefiting from vitamins, nutrition, and exercise, planning out medical care, preparing the family for a baby, and preparing for labour, delivery, and recovery.

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