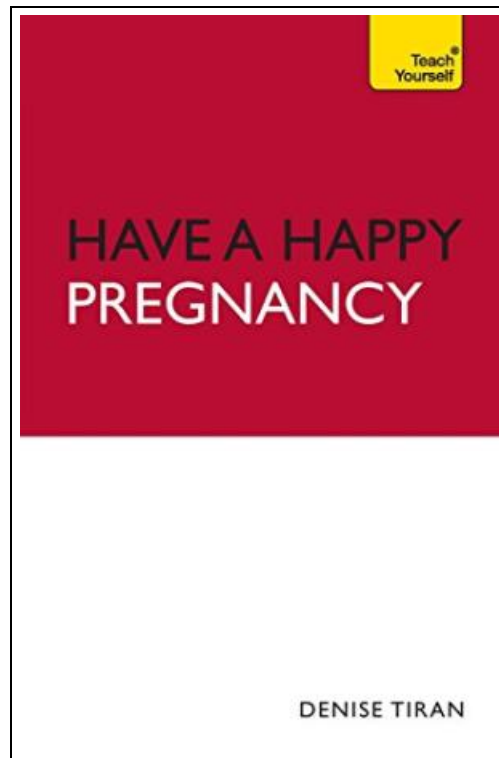


Have A Happy Pregnancy: Teach Yourself



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Reviews

It is one of the most popular books. It really is filled with wisdom and knowledge. You may like how the author publishes this PDF.
(Kellie Huels)

HAVE A HAPPY PREGNANCY: TEACH YOURSELF



Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. Reprint. 196 x 128 mm. Language: English . Brand New Book ***** Print on Demand *****.Have a Happy Pregnancy is a comprehensive guide not only to what to expect and when to expect it, but also to developing a confident, assertive and empowered approach to your pregnancy and your life as a new parent. Divided into sections covering early days pre- and post-conception, the pregnancy and the birth, it will explain all the facts and outline all the choices available to mothers, fathers and birth partners at every stage. It will also offer practical advice and reassurance on the changes which will inevitably be taking place - not only physically, but also emotionally and socially. It offers support for both mother and father, and uniquely gives you all the information you need to know after the birth, including strategies for feeding and how to cope with the return to work. With plenty of supporting resources and a supportive tone throughout, it will help you to feel positive and confident about your pregnancy. NOT GOT MUCH TIME? One, five and ten-minute introductions to key principles to get you started. AUTHOR INSIGHTS Lots of instant help with common problems and quick tips for success, based on the author's many years of experience. TEST YOURSELF Tests in the book and online to keep track of your progress. EXTEND YOUR KNOWLEDGE Extra online articles to give you a richer understanding of how to achieve a happy pregnancy. FIVE THINGS TO REMEMBER Quick refreshers to help you remember the key facts. TRY THIS Innovative exercises illustrate what you've learnt and how to use it.



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