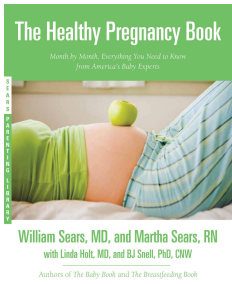


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THE HEALTHY PREGNANCY BOOK EBOOKS 2019



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u003cbu003eFrom America's leading authorities in childcare comes the definitive guide to having a healthy pregnancy--and a healthy baby.u003cbr /u003eu003c/ bu003eu003cbr /u003eTHE HEALTHY PREGNANCY BOOK guides expectant mothers and fathers through all stages of pregnancy from preconception through birth, focusing on how to enhance the health of mother and baby. How to grow a smarter and healthier babyHow your baby is developing, and how you may be changing both emotionally and physicallyEating right for two, with a helpful list of pregnancy superfoodsExercise and keeping fit during your pregnancy Concerns and questions you may have about test and technology, genetic counseling, and childbirth optionsHow to protect the womb environment and recognize potential household hazardsAdvice on working while pregnantChoosing the right healthcare provider and childbirth classThe transition into parenthoodAnd much more...u003cbr /u003eWritten in the Searses' trademark reassuring tone that makes their books long-term bestsellers--THE HEALTHY PREGNANCY BOOK is the must-have resource to fit the greater demands of today's savvy parents.

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