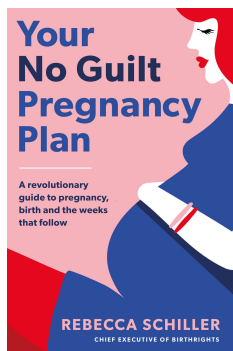


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YOUR NO GUILT PREGNANCY PLAN EBOOKS 2019



Author: Rebecca Schiller

Release Date: Expected @@expectedReleaseDate@@

As seen on the Victoria Derbyshire show Providing you with everything you've ever wanted to know about pregnancy, this is the definitive guide from conception to the first few weeks' at home with your newborn. 'I wish there'd been a book like this when I was pregnant. It almost makes me want to have another child. Almost' Bryony Gordon Your No Guilt Pregnancy Plan is a revolutionary new guide to pregnancy and childbirth that puts the power firmly in your hands. It won't tell you what fruit your baby resembles week-by-week, but it will cover the huge shifts happening in your relationships, body, work and emotional life right now, giving you practical tools, tips and real stories to help you make a plan that is uniquely yours yet flexible enough to accommodate whatever your pregnancy, birth and life throw at you. Further Praise for Your No Guilt Pregnancy Plan 'The book has everything a pregnant woman needs ... I'm sure this will be the go-to book for women in years to come' - Helen Thorn host of the Scummy Mummies podcast 'Rebecca is a living, breathing Wonder Woman heroine. In a sea of complicated, important and sometimes angry debate around childbirth, she is a mast to hold onto.' - Cherry Healey, presenter and author of Letters to My Fanny 'I can't think of a panicky question I had thought of through either of my pregnancies (and I thought of them at a rate of five per second) that wouldn't have been answered by this book. I wish I had had it, in fact. A very empowering guide to becoming a mother.' - Robyn Wilder, The Pool

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