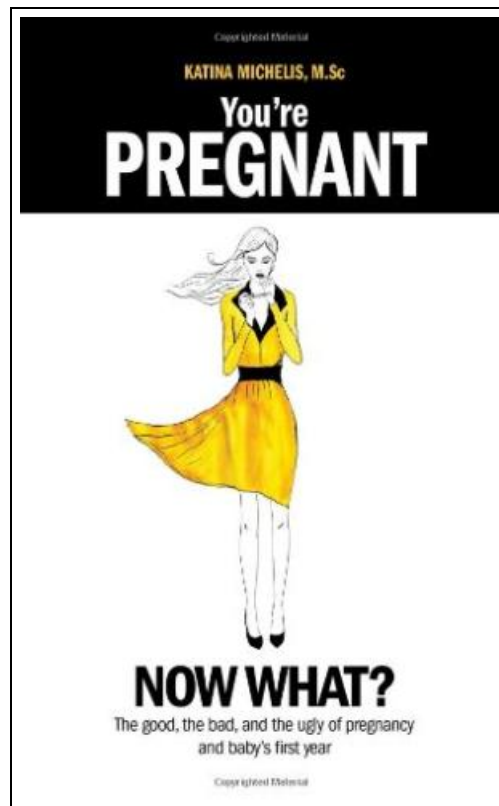


## You re Pregnant: Now What? the Good, the Bad and the Ugly of Pregnancy and Baby s First Year (Paperback)



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*(Ms. Vernie Stracke)*

## YOU RE PREGNANT: NOW WHAT? THE GOOD, THE BAD AND THE UGLY OF PREGNANCY AND BABY S FIRST YEAR (PAPERBACK)



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Working Girl Press, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.DescriptionIn this day and age, every mom-to-be has access to tons of expert medical advice to ensure a perfect, healthy pregnancy. Month-by-month details about the baby s development and the physical changes of pregnancy are readily available but often overlooked is how moms-to-be can feel emotionally overwhelmed by the changes that occur during pregnancy and once the baby arrives. Pregnancy and raising a baby isn t just fashion and beautiful nurseries nor is it just clinical details. It is an amazing experience, both rewarding and fun but also extremely hard and sometimes scary as hell. Using her two pregnancies as the backdrop for this book, the author provides women with an honest, humorous and, at times, cringe worthy account of what to really expect. A must have read for any mom-to-be, *You re Pregnant, Now What?* will provide invaluable information in preparation for the ups and downs of pregnancy and baby s first year and create a community where women can speak up and reach out for help without feeling like they are being judged. Endorsements A fun and informative, easy-to-read book for any expectant mother. It demystifies and deglamorizes the process of pregnancy and motherhood, but with love and a wry wit. A must-read for all my pregnant patients. - Oliver Nguan, M.D. Moms will truly relate to this book in various ways. I keep nodding my head in sheer agreement chapter after chapter, all while remembering how it was like during my pregnancies and the first year with my children. Katina delivers this book with a great sense of humour and an honest approach to being a mom. - Lyne Proulx, Founder of Ottawa Mommy Club There are portions...

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