



## The Pregnancy Bible: Your Complete Guide to Pregnancy and Early Parenthood

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*An authoritative and up-to-date reference.*

**The Pregnancy Bible** combines the knowledge and experience of medical specialists and family doctors -- all under the direction of practicing and widely published obstetricians.

It follows the complete sequence of fetal development *in utero* week by week. Each step is illustrated with full color photography -- many of which are life-size. Dozens of step-by-step illustrations help make the many aspects of infant care easier to master.

In-depth and highly readable information covers:

- Nutrition and exercise
- Cesarean section
- Planning for a home birth
- Options for pain relief
- Prenatal and postpartum care
- Coping with emotional changes
- Taking care of newborns
- Preparing a safe environment at home

Quick reference gatefold spreads help keep track of important tests and check-ups for each trimester. Included is an in-depth directory of specialized tests and procedures available for both mother and child.

**The Pregnancy Bible** is an extensive, accessible, up-to-the-minute sourcebook of everything expecting parents need to know, combining the knowledge and experience of many medical specialists and healthcare providers.

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