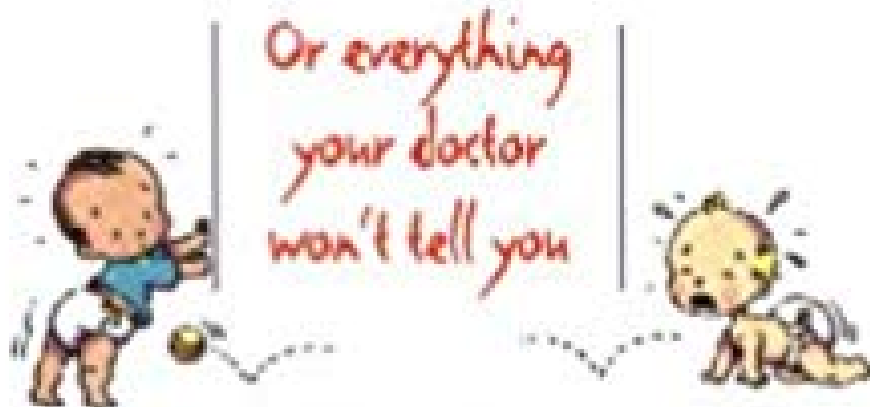


PRACTICAL ADVICE • CONFORTING ADVICE ON "MORNING" SICKNESS, NAUSEA, EXERCISE, BLOOD CLOTS, PREGNANCY LOSS, AND MORE



THE GIRLFRIENDS GUIDE TO PREGNANCY



VICKI IOVINE

Vicki Iovine

The Girlfriends' Guide to Pregnancy: Or everything your doctor won't tell you



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A delivery room veteran gives you the low-down as only the best friend can. Maternity clothes are thus very much cuter now" From the very best ten lies ("), to the long-awaited birth, listed below are practical ideas and hilarious takes on everything pregnant.



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Very disappointed and discouraging book EASILY could give 0 Stars to the piece of trash I'd do it! It's the most horrible reserve I've read in my entire life. Oh, and if you believed that maybe instead of obtaining neurotic about your raising size and you'll focus on your wellbeing, here she involves shame you out of working out. She herself went from a size four to a ten so she was hardly obese but she'll simply not stop harping on how unattractive you are if you are pregnant.! I experienced no idea what things to expect and this book talked about all the taboo subjects that women simply don't tell each other. It seems like those evaluations are pretty nit-picky, if not I'm simply easy to please.! Issues that you might not want to listen to but are better off for having heard about it before it happens. It even has pages it tells to show your partner to greatly help them understand what you are going through. I perform not advocate this to anyone! I unquestionably love this book I absolutely love this reserve. It had been so refreshing to learn something that was less critical but still have found that everything I've read within the book has been spot on with my encounter.. I've found her assistance and facts do actually match up with other books I've read by doctors when people don't take the statements in this book out of context. Recommend for newly pregnant couples to read together. This is the first pregnancy book I've read and I'm glad I went the unconventional route. Despite some negative review articles, I ordered this book anyway since I had skipped forward and already read "The Girlfriend's Guideline to the First Year" and I loved that one. Omg idk but this is all the opposite to my entire being pregnant, I haven't become fat, I must say i love and revel in exercise since it really really helps me to experience better and I don't appear horrible at all. Bent, folded web pages, stains. If you want extra what to read, then go for it. Some of the info is normally dated because it is a reasonably old book, but not a big deal. If you don't agree with a few of the issues she advocates, just do what your instincts let you know. Please DO NOT purchase this reserve!!!! She does include one brief blurb that some men might like the pregnant body form and find it a turn on but it is written in a style that leaves without doubt that she finds this to be a uncommon and laughable quirk that some males might have. Let me simply let you know, this book was a lifesaver. This book is a horrible pregnancy book. It is not based on any sort of factual, medical data, but basically one woman and her girlfriends thoughts on pregnancy. Very much of the info in the book is certainly factually incorrect. For instance, she claims that you should not exercise during pregnancy because it has "no benefits". That is absolutely not true. but I paid \$20 for a fresh book in fact it is totally beat to hell. Another blatant, and honestly unsafe declaration she makes is definitely to apply kegels by stopping your flow of urine. I asked my doctor concerning this and she actually that I shouldn't do this because it can result in a UTI. Horrible pregnancy book that isn't based on genuine facts! I was so worried that pregnancy will be something scary because of this awful book!! Definitely recommend!! I bought this back in 2003 when I was pregnant at 19 back when the internet couldn't provide all of the answers it could now. BEST book for 1st time mothers Such a refreshing book.! and yes it mentioned that exercise was worthless! I would have been dropped without this! She helps explain how your relationship with your OB is usually very different from any other doctor. Humorous, somewhat helpful publication written by a woman with serious body problems and low opinion of men Nutrients: She gives really good advice on certain topics such as never to be embarrassed or afraid of wasting your doctor's period. She keeps it actual but retains it light and fun simultaneously. So funny!! It explained I would get fat simply by breathing and I'll look horrible during being pregnant!! There is hardly a topic in the entire book that she doesn't relate back to the truth that you will be fat and disgusting when you are pregnant. It's therefore discouraging that I wanted to cry every chapter and it simply put me in a really bad disposition! She also goes out of her way to let you know that not merely she thinks women that are pregnant are by nature gross to look at but that your spouse thinks you look gross. Reducing them to bumbling creatures who are disinterested within their wives apart from a creature to have sex with and to need to put up with if she gets psychological.! If she hasn't currently managed to make you experience self conscience about your changing body there is a

paragraph about how exactly some men tend to cheat on the wives while they are pregnant if indeed they aren't up for sleeping with their husbands or if their husbands can't tummy sleeping with a pregnant girl. Not just insulting to females but she reveals an extremely low opinion of males as well. She describes her own husband as only having sex with her when she was larger out of pity. I couldn't even finish it. She seems to take this really personally. Only crazy people exercise. She touches all of the important stuff and also throws in the items that your doctor or friends ,ay not think to tell you.General:I understand this book has been revised over the years but I think it needs a complete rewrite for another generation (by a fresh author). Not a Fan Personally, i wasn't a lover of the author's writing style and personality through the entire book. I'd just stick with WHAT THINGS TO Expect When You're Expecting and talking to your physician or friends about anything else. Aside from just a few more gory details I discovered from my actual friends, I definitely learned a lot out of this publication and I'm glad I have it. Unless you have the time, I wouldn't waste it upon this book. Hilarious and realistic While there is very little necessary information in here, I really enjoyed reading it in my own second trimester. There were a lot of guidelines that I will use.! Ideal for us husbands too!! Terrible quality - NOT NEW BOOK FOR \$20 Haven't read the book yet. In preparation for our pregnancy I've been ready many pregnancy books and I'm self-confident in reporting back again that this is just about the 1st and best book you should read (sometimes for us husbands). The author presents the information in a down to earth, matter of reality manner that's both educational, comforting, and easy to assimilate. In addition to all of the, while humorous at many times, she doesn't draw any punches and talks about problems that may and can crop up during your pregnancy. I understand there is morning sickness and of course you get weight but this writer makes it look like pregnancy is gonna become the most horrible period of your daily life. The only reason that this didn't get yourself a full 5 star rating is there is a little bit of vanity that shines through the authors function that is a little bit of a turn off.! It's fine to discover reading on pregnancy that doesn't in fact terrify you and gives real life experience.. Research has shown that exercise in healthy pregnancy women qualified prospects to healthier birth weights and better labor. I appreciated the writing style of this reserve and it not really being stuffy and clinical like all the others I've find out about pregnancy... it appears like someone put it in the dryer and threw it in a gutter. Wtf. Overrated Repetitive, overrated.Poor Stuff: Oh boy does she have body problems! Worth it! She actually is also very reassuring and helps you prepare for a variety of gross and/or embarrassing issues that may come up during your pregnancy or delivery. Being pregnant is frightening but it's also super exciting. And in the event that you exercise and something bad happens with your pregnancy you will always be haunted that you harmed your baby by working out. Great read that may perhaps you have laughing and I will be the first to move it along to my following pregnant friend! Girlfriends Guide to Giggles This is a fun loving book that undergoes pregnancy with you. It's light hearted and especially nice for a new mom. Horrible publication and very discouraging.



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