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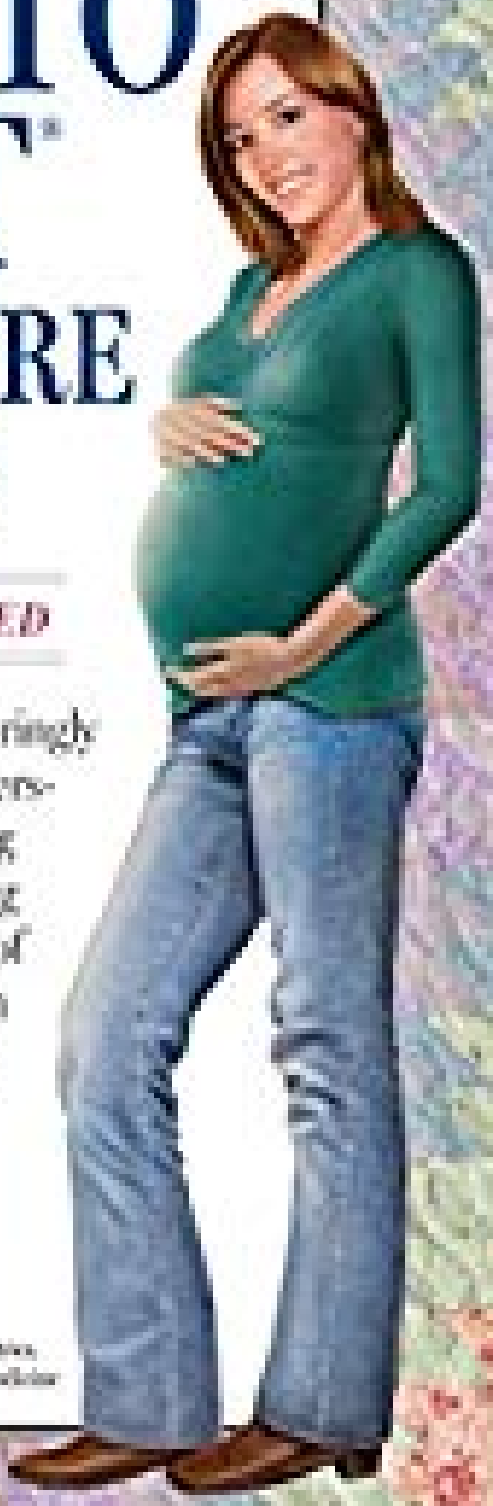
# WHAT TO EXPECT™ WHEN YOU'RE EXPECTING

*COMPLETELY NEW & REVISED*

The pregnancy guide that reassuringly answers the questions of mothers- and fathers-to-be, from the planning stage through postpartum. Featuring a week-by-week look at the growth of your baby and complete chapters on pregnancy lifestyle, preconception, carrying twins—and more.

By Heidi Murkoff  
and Sharon Mazel

Foreword by Charles F. Lockwood, MD, PhD, Department of Obstetrics, Gynecology, and Reproductive Sciences, Yale University School of Medicine



*Heidi Murkoff*

## What to Expect When You're Expecting



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Announcing a brand new, cover-to-cover revision of America's being pregnant bible. What to Expect IF YOU ARE Expecting is usually a perennial New York Times bestseller and one of USA Today's 25 most influential books of days gone by 25 years. It's go through by a lot more than 90% of pregnant women who read a pregnancy book--the most iconic, must-have book for parents-to-be, with over 14.. Today comes the Fourth Edition, a fresh book for a fresh era of expectant moms--featuring a new look, a fresh perspective, and a friendlier-than-ever voice. just better. Heidi Murkoff provides rewritten every part of the reserve, answering dozens of new queries and including plenty of new asked-for material, like a detailed week-by-week fetal development section in each one of the regular monthly chapters, an extended chapter on pre-conception, and a whole new one on carrying multiples. There's as part of your on pregnancy matters useful (including an extended section on workplace concerns), physical (with an increase of symptoms, more solutions), emotional (more tips on riding the feeling roller coaster), nutritional (from low-carb to vegan, from junk meals-dependent to caffeine-addicted), and sexual (what's hot and what's not in pregnant lovemaking), in addition to a lot more support for that very important partner in parenting, the dad-to-be. More comprehensive, reassuring, and empathetic than ever, the Fourth Edition incorporates the newest developments in obstetrics and addresses the most current lifestyle tendencies (from tattooing and tummy piercing to Botox and aromatherapy). It's everything parents-to-be have come to expect from What things to Expect. Overflowing with tips, helpful hints, and humor (a pregnant woman's greatest friend), this brand-new edition is more available and simpler to use than ever before.5 million copies in print.. It's filled up with the most up-to-date info reflecting not merely what's new in being pregnant, but what's relevant to pregnant women.



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Careful! I recommend this book! Be careful when purchasing that you get the right edition. I am getting into my third trimester and it has been pretty spot on with everything. It's a straightforward read and I always anticipate reading what's coming next. Reordered and got the correct edition. Frustrating though. Observe picture for different versions. UK is certainly on the left. A Must Have Love! It definitely includes a large amount of useful information, nevertheless, the website is very similar. I recommend this book for new mamas. In the event that you wished to not spend the amount of money on the publication, I'd just just browse the website or sign up for the emails if you want the info on a weekly basis. My husband really LOVES this publication, and he says it has been very helpful for understanding all of the changes (and challenges) that I'm going through. Areas of misinformation. I found this book to be very informative. Admittedly, I sensed like it was one of those books every expecting mom should browse and I didn't investigate the kind of content that would be covered. I recommend this publication for all expectant parents. I also discovered it annoying that there were sections on HIV, diabetes (gestational and non), etc—these topics usually do not pertain to the general population and the ones that do want information about these topics need an entire reserve and close monitoring by a professional to become at all ready for being pregnant with those circumstances. Absolutely suggested for all the moms and dads to be! A must have for pregnancy! Because you're an expecting mom doesn't mean you now talk and think like a child. Suggest this to all or any expecting families, it has been really helpful for ours. Finally, there are some regions of misinformation and, when I examine them, it discredited the whole book. For example, page 155 beneath the Manicure and pedicure section it discusses slicing calluses and notes, "... Very cool when a reserve can provide important information and evoke an emotional response. Reading what others 're going thru or have done thru is actually comforting, and it helps us get our queries ready for our regular monthly doctors go to (there are so a lot of things you don't also think about asking! I won't enter detail about how exactly calluses form, but they don't form because they're trim away. Great book Great book Very pleased! I nearly quit reading from then on point and once I got eventually to the finish, I wished I would have. The information is presented very completely, yet in a manner that is quite warm and sympathetic.. I didn't need to do anything but after passing up on some testing during the first trimester I made a decision to read forward in the book. Best for daddies as well!). It was a gift if you ask me 23 years ago when I acquired my son. A whole load of very useful information, specially for all those mummies (like me) that certainly are a bit apprehensive or anxious and obtain easily concerned. Very very thorough, all your doubts and questions (actually weird ones. Its been great to truly have a reference instruction on what to anticipate, and what checks are approaching, so when they do happen,

we are better prepared and can get to the core questions answered by our OBGYN. that enhance the reading. If you want the info right at your fingertips in book form, then this is for you personally. He also loves to to learn week by week how our baby is growing and what to anticipate for that week. It experienced like fluff to bulk up the book as nearly no reader could benefit from the included information, also if they had the conditions. I enjoy reading it I actually enjoyed reading it.! Great reference guide for parents to be Husband and I enjoy read this together, seeing that we feel it gives us a nice heads up on what to expect week to week. The Q&A component is also great, as there are numerous queries on there that people can connect with, and we get giggles away of some of the Dad parts, which are really a good add-on and get this to book feel just like its made for all participating members. Pregnancy is really wonderful issue, but there are so many unpredicted and unknown components to it, it could get actually intimidating and scary." This is completely untrue and is written in as FACT! I wish I've had this reserve when We had my first kid (18 years back! The app is an extremely nice complement for the book, as possible get videos, picture, community forums, etc. The prospective audience feels like expecting teenagers, not expecting adults. Get this book You will love this book! I purchased this publication because it's well-known. The very first time I purchased, they sent the united kingdom edition. It isn't labeled at all, you just start reading and notice that they discuss different healthcare issues and use a whole lot of different British slang. In the event that you sign up for their emails, or I'm sure simply browse the site, the info is strictly what you're reading in the publication. I provide it to anyone expecting! They might send you the united kingdom version! Good info but equivalent to website I bought this publication when I found out We was pregnant based from my doctors recommendations. Arrived on time and brand new! My doctor held saying everything was good &) are answered here. Because of it I was able to go into my appointments well informed and able to ask for certain tests with plenty of time to comprehensive them. That is a must for any pregnant girl. I've already purchased the What To Expect The First Calendar year & cannot wait to read it! I found hardly any useful info in the reserve and certainly nothing at all was protected that wasn't discussed in every app out there. Bought this for my child and his girlfriend to learn together as they take the journey into parenthood collectively. I read an earlier version 23 years ago, and this version is proving to become as helpful and interesting to expecting parents as the old one was if you ask me. As I watch them reading collectively, I am struck by how this book helps to foster an instantaneous connection for both of these with their developing baby.(by no means mind the actual fact that the more you cut calluses, the even more they grow back). Recommended Recommended for fresh and experienced mommas! They form because of friction or overloading caused

by a biomechanical or musculoskeletal element. I rented this book from the library and made a decision to buy it! Such an amazing reference! I also recommend buying what to expect in the 1st year! This reserve contained so much precious information. Highly recommend for new moms! Furthermore, the composing style is a little too cliché, filled with puns and childish humor. Must read for just about any soon to be mom! Easy To Read I bought this for my recently pregnant girl. It's filled up with great information.! It really is a helpful book! Timeless Love this reserve!). I loved it! There exists a Large amount of information in here but I am the type of person who wants everything therefore it worked well for me.! Love this reserve! Suck great info for the new mom!



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