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THE



GIRLFRIENDS

GUIDE TO



PREGNANCY

Or Everything Your Doctor Won't Tell You

VICKI IOVINE

*Vicki Iovine*

## The Girlfriends' Guide to Pregnancy



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The practical, comforting, honest, and hilarious bestseller for moms-to-be, with more than one . 5 million copies in print!re so irritable/distracted/tired/lightheaded (or in least a lot more than usual). Your mom buys you baby clothing. But who can provide you with the real skinny when you're pregnant?from morning hours sickness and gas to feeding on everything in sight—at least, the ones who've experienced the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Four-period delivery room veteran Vicki Iovine foretells you just how only a greatest friend can— And much more! In this revised and updated edition, get the lowdown on those little points that are too unusual or embarrassing to consult, practical tips, and hilarious takes on everything pregnant. What actually happens to your body— Your girlfriends, of course—t need to look like a walking beachball)—s like to go from being a babe to having one. THE COUNTLESS Moods of Pregnancy— Staying Stylish—Your doctor gives you medical tips.why you've been (or at least you don'tYou may be pregnant, nevertheless, you can be the fashionista you'and what it'wearing the hippest designers and proudly showing off your bump. Pregnancy is RIGHT DOWN TO a Science—from in vitro fertilization to scheduled c-sections, there are thus many options, alternatives, and scientific exams to take that being pregnant can be downright confusing!in the book which will go the complete nine months for each mother-to-become. For a reassuring voice or just a few good belly laughs, turn to the straight-talking instruction on what to really expect when you're expecting.



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Extremely disappointed and discouraging book If I could give 0  
Celebrities to the piece of trash I'd do it! It's the most horrible book  
I've read in my lifetime. And if you exercise then one bad happens  
together with your pregnancy you will always be haunted that you harmed  
your baby by exercising. It's so discouraging that I needed to cry every  
chapter and it just put me in a really bad mood! Great for us husbands  
too! If you don't agree with a few of the points she advocates, just do  
what your instincts tell you. The only cause that this didn't get a full  
5 superstar rating will there be is a bit of vanity that shines through  
the authors function that is a little bit of a switch off. I was so  
concerned that pregnancy would be something scary because of this awful  
book! I understand there is morning sickness not to mention you gain  
weight but this writer makes it look like pregnancy is gonna end up  
being the most horrible period of your life. I loved the writing style  
of this reserve and it not being stuffy and medical like all of the  
others I've find out about pregnancy. Definitely recommend! I  
unquestionably love this book I absolutely love this publication. It was  
so refreshing to learn a thing that was less serious but still have  
found that everything I've read in the book has been spot on with my  
experience. It's nice to find reading on being pregnant that doesn't in  
fact terrify you and provides real life encounter. I've found her advice  
and facts do in fact match up with additional books I've read by doctors  
when people don't take the statements in this reserve out of context.  
Great read which will have you laughing and I will be the first to move  
it along to my following pregnant friend! Worth it! Despite some  
negative critiques, I ordered this book anyway since I had skipped  
forward and already read "The Girlfriend's Instruction to the First  
Year" and I enjoyed that one. She continues it real but retains it light  
and fun simultaneously. Horrible book and very discouraging. Aside from  
only a few more gory details I discovered from my real friends, I  
certainly learned a lot from this book and I'm glad I have it. A few of  
the info is normally dated because it is a reasonably old book, but not  
a big offer. and yes it mentioned that exercise was worthless! Horrible  
pregnancy book that's not based on real facts!! Bent, folded web pages,  
stains!!!! it appears like someone put it in the dryer and then threw it  
in a gutter. She herself proceeded to go from a size four to a ten  
therefore she was barely obese but she'll simply not stop harping on how  
unattractive you are when you are pregnant. Very much of the information  
in the book is certainly factually incorrect. There were a lot of  
guidelines that I will make use of.! She touches all the important stuff  
and also throws in the stuff that your physician or friends ,ay not  
really think to tell you. I want to just let you know, this book was a  
lifesaver. If she hasn't already were able to make you experience self  
conscience about your changing body there exists a paragraph about how  
exactly some men tend to cheat on the wives while they are pregnant if  
they aren't up for sleeping with their husbands or if their husbands

can't stomach sleeping with a pregnant woman. Please DO NOT buy this book!!!! This is absolutely not true. There is barely a topic in the entire publication that she doesn't relate back again to the fact that you are fat and disgusting when you are pregnant. I purchased this back 2003 when I was pregnant at 19 back when the web couldn't provide all of the answers it can right now. Another blatant, and honestly unsafe declaration she makes is usually to apply kegels by stopping your movement of urine. I acquired no idea what things to expect and this book talked about all of the taboo topics that women simply don't tell each other. I would have been dropped without this! Recommend for newly pregnant lovers to read jointly. She helps explain how your relationship with your OB is normally very not the same as any other doctor. She is also extremely reassuring and helps you prepare for a variety of gross and/or embarrassing issues that may arrive up during your pregnancy or delivery. Poor Stuff: Oh boy does she have body issues! She also is out of her method to inform you that not only she thinks pregnant women are naturally gross to look at but that your husband thinks you look gross.!! BEST book for 1st time mothers Such a refreshing book. It isn't based on any sort of factual, medical data, but basically one woman and her girlfriends applying for grants pregnancy.! She describes her own husband as just having sex with her when she was bigger out of pity. She will include one brief blurb that some men might like the pregnant body shape and find it a start but it is created in a method that leaves no doubt that she discovers this to be a rare and laughable quirk that some males may have. I asked my doctor about this and she in fact that I shouldn't do this because it can lead to a UTI. Not only insulting to females but she reveals an extremely low opinion of males aswell. Reducing them to bumbling creatures who are disinterested within their wives apart from a creature to have sex with and to need to endure if she gets psychological. Oh, and if you believed that maybe rather than obtaining neurotic about your raising size and you'll focus on your health, here she comes to shame you out of working out. She seems to take this really personally. Just crazy people workout. I couldn't even finish it. Overall: I know this book has been revised through the years but I think it requires a complete rewrite for the next generation (by a fresh author).! I'd just stick with WHAT THINGS TO Expect When You're Expecting and talking to your doctor or friends about other things. If you would like extra what to read, then do it now. Unless you have the time, I wouldn't waste materials it on this book. Hilarious and realistic While there is very little necessary information in here, I must say i enjoyed reading it in my own second trimester. For instance, she says that you shouldn't exercise during pregnancy since it provides "no benefits". I really do not recommend this to anyone! It explained I'd get fat simply by breathing and I'll look horrible during being pregnant!! Not a Fan I personally wasn't a fan of the author's composing style and personality through the entire book. In preparation for our

pregnancy I've been prepared many pregnancy books and I'm confident in reporting back 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 fact manner that's both interesting, comforting, and easy to assimilate. Furthermore to all of this, while humorous at many times, she doesn't draw any punches and discusses issues that may and WILL crop up during your pregnancy. Issues that you may not want to listen to but are better off for having heard about it before it occurs. Omg idk but that is all the opposing to my entire pregnancy, I haven't become fat, I really love and revel in exercise because it really really helps me to feel better and I don't look horrible at all. Terrible quality - NOT NEW BOOK FOR \$20 Haven't browse the book however... but I paid \$20 for a new book and it is totally beat to hell.!... This book is a horrible pregnancy book. Wtf. Overrated Repetitive, overrated. Being pregnant is scary but it's also super exciting. This is the first pregnancy book I've read and I'm glad I went the unconventional route. It looks like those reviews are pretty nit-picky, or else I'm just easy to please. So funny! Research has shown that exercise in healthy pregnancy women prospects to healthier birth weights and better labor. Humorous, somewhat helpful book written by a female with serious body problems and low opinion of men Nutrients: She gives really good advice on particular topics such as not to be embarrassed or afraid of wasting your doctor's time. Girlfriends Guide to Giggles This is a fun loving book that undergoes pregnancy with you. It's light hearted and especially nice for a fresh mom. It even has pages it tells to show your partner to help them know very well what you are going through.



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