

Girlfriends Guide To Pregnancy

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MADILYNN ANTON

The Girlfriends' Guide to Pregnancy Daily Diary Bloomsbury UK Provides entertaining suggestions for both at-home parties and off-premises playdates, with game and craft ideas, affordable and healthy alternatives to goody bags, age-specific activities and gifts, and other helpful advice.

The Girlfriends' Guide to Getting Your Groove Back Bloomsbury UK

You're pregnant. It's exciting, and a little scary, and you are discovering that your body is doing things that you have never heard about or read about in any pregnancy manual. It would be great if your best girlfriend was going through this with you, but if not, Stacy Quarty is here to give you the truth about pregnancy - raging hormones and all. Stacy takes readers, week-by-week, through what she was experiencing and thinking about her pregnancy, her body, her husband, and more. She discusses the symptoms of the week (morning sickness, hemorrhoids, enormous breasts); experiences of girlfriends; and anecdotes on everything from cravings to c-sections. An extensive Q&A section includes questions from real women that are embarrassing, odd, and unusual and may include just the question you've been too nervous to ask yourself. Throughout the book Dr. Miriam Greene provides a dose of a medical perspective on the adventure of pregnancy. With warmth, humor, and no shame, Frankly Pregnant takes the myth and mystery out of pregnancy and really tells it like it is.

Nine Months of Practical Tips, Useful Advice, and Uncensored Truths Lennex

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." -Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder

and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

The Ultimate Guide to Black Pregnancy & Motherhood

North Atlantic Books

Celebrated doula, healer, yoga teacher, and parenting coach Lori Bregman brings a holistic guide to being a more balanced, authentic, and joyful mother. Introducing the "five expressions of motherhood"—Action Mama, Flow Mama, Rebel Mama, Vulnerable Mama, and Free Mama—Lori offers supportive advice, exercises, meditations, and yoga practices to cultivate a healthy balanced life and stronger bonds. Accessible and encouraging, Mamaste provides foundational tools for parenting, relatable examples, and exercises to build selfawareness and mindfulness. Guiding new mothers along a journey of self-discovery, these practices ultimately lead to a more enriching and contented experience for both mother and child. Packaged in an inviting paperback and filled with nurturing advice, Mamaste is essential for any expecting or new parent.

The Naked Truth about Pregnancy and Childbirth Hachette UK EATING WELL WHEN YOU'RE EXPECTING provides mums-to-be with a realistic approach to navigating healthily and deliciously through the nine months of pregnancy - at home, in the office, at Christmas, in restaurants. Thorough chapters are devoted to nutrition, weight gain, food safety, the postpartum diet, and how to eat when trying to conceive again. And the book comes with 150 contemporary, tasty, and healthy recipes that feed mum and baby well, take little time to prepare, and are gentle on queasy tummies. At the heart of the book are hundreds of pressing questions every mother-to-be has: Is it true I shouldn't eat any food cooked with alcohol? Will the caffeine in coffee cross into my baby's bloodstream? I'm entering my second trimester, and I'm losing weight, not gaining - help! Is all sushi off limits? How do I get enough calcium if I'm lactose intolerant? I keep dreaming about a hot fudge sundae - can I indulge? (The answer is yes!) *Loving Your Family Without Losing Your Mind* Bloomsbury Publishing

Women today are facing so much uncertainty—about life and the future. The need to pivot is stronger than ever, but many of us feel powerless to change or simply don't know how to take that essential first step. For Lori Allen, business owner, breast cancer survivor, and star of TLC's *Say Yes to the Dress: Atlanta*, these vital life lessons are the inspiration for her new book. *Say Yes to What's Next* is more than just a guide for our best tomorrows, it's the beginning of a life-makeover movement for women of all ages. Lori Allen's advice stems from the ups and downs of her personal life: from building one of the biggest and busiest bridal megasalons in the country to navigating her position in the sandwich generation and caring for a husband battling cancer during her breast cancer diagnosis and treatment. Lori shares her life experiences with confidence, wisdom, and her signature humor to model how today's women—especially those of us approaching age fifty and beyond—can live out the coming years

as the best of our lives. Whether you're feeling invisible, ignored, or like your voice doesn't matter, or you're simply uncertain about what's next, Lori offers advice on what to do, what not to do, and how to see your way through the unexpected. In *Say Yes to What's Next*, Lori addresses crucial issues, such as how to pivot, embrace the unexpected, and live out your passion how to practice essential self-care that enriches your mind, body, and spirit how to make space for yourself and your priorities while still being a caring partner, parent, and friend how to maintain a close circle of girlfriends at every age and stage of life how to take charge of your money and attain financial freedom and security *Say Yes to What's Next* is a life makeover and therapy session all in one, as Lori helps women from all walks of life shape their futures with confidence, style, and sass. This is your opportunity to get real with yourself, to give yourself the truest form of self-care by putting yourself first. Discover your potential by saying yes to what's next.

The Official Guy's Guide to Pregnancy Penguin

When a couple gets pregnant, typically, the first thing the mother-to-be does is rush out to the bookstore to buy the various pregnancy bibles. But how is the expectant father supposed to know what to expect? He could wait in the dark and take his cues from his partner, or he could prepare himself for anything and everything by seeking the counsel of two regular dudes, who have climbed the steep learning curve (and lived to tell) that comes when having a baby. *THE DUDES' GUIDE TO PREGNANCY* dispenses irreverent, honest, practical advice for the expectant father in an easy-to-understand--and often hilarious--man-to-man format. Taking you through the entire nine month process, the Dudes offer advice on what to expect from your newly pregnant wife (paranoia, morning sickness, enlarged breasts, no sex); the dos and don'ts of dealing with your wife's body and mood changes, your mother-in-law and other family members; and the nitty-gritty details of what is expected of you and how your life will be changing during the next 40 weeks. *THE DUDES' GUIDE TO PREGNANCY* gives twenty-something to forty-something men the indispensable tools and advice they need to maneuver the many ups and downs associated with impending fatherhood.

The Pregnancy Countdown Book Simon and Schuster

Whether you're an expectant parent or you're just thinking about it, this comprehensive guide features a nonbossy, fresh, and fun approach to the greatest adventure life has to offer. Based on the best advice from over 100 Canadian parents, this information is served up with a uniquely Canadian spin. Never one to shy away from the tough topics, Ann Douglas addresses the concerns that all parents have to consider when facing pregnancy. With over 225,000 *Mother of All?* books sold in Canada, Ann Douglas provides the inside scoop on what it's really like to have a baby The straight goods on preparing your body for pregnancy Practical advice on how to increase your chances for conceiving quickly The top ten worries for each trimester -- with a hefty dose of reassurance A glossary of pregnancy -- and birth-related terms A sneak peek of life after baby This book is the manual for those looking for real-world advice to help them during all the stages of pregnancy, from conception to birth and all that can occur throughout!

The Best Friends' Guide to Getting Your Groove Back

Simon and Schuster

The practical, comforting, honest, and hilarious bestseller for moms-to-be, with more than one and a half million copies in print! Your doctor gives you medical advice. Your mother buys you baby clothes. But who can give you the real skinny when you're pregnant? Your girlfriends, of course—at least, the ones who've been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Four-time delivery room veteran Vicki

lovine talks to you the way only a best friend can—in the book that will go the whole nine months for every mother-to-be. In this revised and updated edition, get the lowdown on all those little things that are too strange or embarrassing to ask, practical tips, and hilarious takes on everything pregnant. What really happens to your body—from morning sickness and gas to eating everything in sight—and what it's like to go from being a babe to having one. *The Many Moods of Pregnancy*—why you're so irritable/distracted/tired/lightheaded (or at least more than usual). *Staying Stylish*—You may be pregnant, but you can still be the fashionista you've always been (or at least you don't have to look like a walking beachball)—wearing the hippest designers and proudly showing off your bump. *Pregnancy is Down To a Science*—from in vitro fertilization to scheduled c-sections, there are so many options, alternatives, and scientific tests to take that being pregnant can be downright confusing! And much more! For a reassuring voice or just a few good belly laughs, turn to this straight-talking guide on what to really expect when you're expecting.

Penguin

What to Expect When You're Black, Pregnant, and Expecting

"This book stands as the modern-day guide to birthing while Black." —Angelina Ruffin-Alexander, certified nurse midwife, owner of Touch of Osun Midwifery Services #1 New Release in *Pregnancy & Childbirth and Minority Demographic Studies, Medical Ethics, and Women's Health Nursing* Written with lighthearted humor and cultural context, *Oh Sis, You're Pregnant!* discusses the stages of pregnancy, labor, and motherhood as they pertain to pregnant Black women today. Tailored to today's pregnant Black woman. In the age of social media, how do pregnant women communicate their big announcement? What are the best protective hairstyles for labor? Most importantly, how many pregnancy guides focus on issues like Black maternal birth rates and what it really looks like to be Black, pregnant, and single today? Written for the modern pregnant Black woman, *Oh Sis, You're Pregnant!* is the essential what to expect when you're expecting guide to understanding pregnancy from a millennial Black mom's point of view. Interviews, stories, and advice for pregnant women. Written by Black Moms Blog founder, Shanicia Boswell, *Oh Sis, You're Pregnant!* tackles hard topics in a way that truly resonate with modern Black moms. With stories from her experiences through pregnancy, labor, and motherhood, and lessons learned as a mother at twenty-two, *Oh Sis, You're Pregnant!* focuses on the common knowledge Black pregnant mothers should consider when having their first baby. It also shares topics beneficial to pregnant Black women on their second, third, or fourth born. Inside you'll find answers to questions like, how: • Do I financially plan for my birth? • Can I maintain my relationship and friendships during motherhood? • Will I self-advocate for my rights in a world that already views me as less than? If you enjoyed books like *Medical Apartheid*, *50 Things To Do Before You Deliver*, *The Girlfriends' Guide to Pregnancy*, or *Birthing Justice*, then you'll love *Oh Sis, You're Pregnant!*

Dude, You're Gonna Be a Dad! Da Capo Lifelong Books

Finally--A Pregnancy Book That Won't Put Men to Sleep *My Boys*

Can Swim tells real men everything they really want to know about pregnancy, such as: How much is it going to cost? Why does your wife primp before seeing her doctor when she hasn't put a stitch of make-up on for you in months? And, most important, what's it going to do to your sex life? This rollicking, laugh-out-loud book is for expectant dads in search of bottom-line pregnancy information, without all that boring touchy-feely stuff you find in those books written for women. Inside you'll discover helpful--and hilarious--information and insights on such topics as:

The Maternity Wardrobe: "A key part of the maternity wardrobe is maternity underwear--parachute-like undies big enough to fit an NFL defensive lineman." Baby Names: "Don't give your kids mockable names like Thaddeus, which is Greek for 'I'm a dork and should be beaten up.'" The Birth: "No one told me it's normal that babies' heads can be misshapen at birth. I was convinced that my wife gave birth to Veldar, the conehead."

A Modern Guide to Pregnancy, Birth, Early Motherhood—and Trusting Yourself and Your Body John Wiley & Sons

For teens faced with an unplanned pregnancy, the news can be devastating. Typically, most attention is focused on the needs of the mother, but teenage fathers also face a future filled with fear, doubt, and guilt. *My Girlfriend's Pregnant!* provides much-needed information and support for teens suddenly thrust in the role of father. Based on interviews with teenage dads, social workers, and medical professionals, this book explores: What it's like to discover that your girlfriend is pregnant What to expect during pregnancy and childbirth The experience of parenthood--both positive and negative How involved the role of a teen dad can be How parenthood can affect young relationships The stress of being a teen dad The impact of abortion and adoption on young fathers. With an extensive list of further readings and resources to help with issues ranging from child support to bonding with your child, this book illustrates to young dads that they are not alone and that there are positive ways of dealing with the difficult choices that lie ahead.

Dealing with Your Expecting Wife, Coming Baby, and the End of Life as You Knew It Mango Media Inc.

There's no magical formula for new mums, but *The Best Friends' Guide to Babies* can help you cope - laugh! When it comes to your new baby, everyone from Dr Spock to your mother-in-law has an armful of advice. But no one is delivering any tips on how you can care for yourself. Now, four-time delivery-room veteran Vicki Iovine answers your questions, calms your fears and cracks you up as only a friend can with straight advice and hilarious observations on: - Baby euphoria: is it a mind-altering drug? - 'Partner? What partner?': taking care of the big baby as well as the little baby - 'I want my old body back!': what you can fix and what you can't - The droning phenomenon: the inability to discuss anything but your baby for more than thirty seconds - Competitive mothering: coping with know-it-alls, finger pointers and others who try to 'Out-Mum' you

The Mother of All Pregnancy Books Simon and Schuster

The Girlfriends' Guide to Pregnancy Second Edition Simon and Schuster

It's Really 10 Months Bloomsbury UK

Expert advice for delivering a happy and healthy baby! From boosting your vitamin intake to picking out the perfect crib, it's not always easy to figure out what your growing baby needs--especially if you're new to parenthood. Featuring guidance from top childbirth experts, *The Only Pregnancy Book You'll Ever Need* answers all the questions that come up after you get the big news. From your first trimester to the delivery room, you'll learn all about the different phases of pregnancy and how you can provide your growing baby with everything he needs. This indispensable guide also offers practical advice and parent-tested strategies on: Understanding physical and emotional changes Selecting the right pregnancy diet Understanding prenatal tests and screenings Choosing the best labor and delivery options Budgeting for your new addition to the family Complete with checklists and fill-ins to help keep track of your pregnancy, this one-stop resource includes only the most important information so that you are truly prepared for the months ahead.

Second Edition Simon and Schuster

In today's western cultures, the typical pregnancy focuses on the

baby to the exclusion of the woman herself, so that the entire experience has become more about preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all of the changes that creating a new life brings. *Sacred Pregnancy* was written to help the pregnant woman journey within herself to prepare for the birth of her baby. *Sacred Pregnancy* is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full gestation period of a pregnancy. With beautiful professional photos that correspond to each topic, *Sacred Pregnancy* also features a journal space for the pregnant woman to record her thoughts and feelings. Each week the mother-to-be is given information on her baby, her body, and her spirit and is asked to reflect on these via the topic of the week, which touches on a variety of issues such as sexuality, fears about labor, becoming a mother, courage, rite of passage, adornment, body image, meditation, and sisterhood to name a few. Mothers-to-be are invited to look deeply at the issues unique to their journey and find a centered, peaceful place to live their pregnancy fully. Lastly, *Sacred Pregnancy* includes place for the new mother to record her birth story and a large resource section on various birthing options and supports for pregnant women. "From the spiritual (how to visualize your perfect birth) to the practical (a large section on birthing options), this pregnancy journal is a spiritual adviser and supportive doula all in one." —*Fit Pregnancy* magazine For more information, visit the *Sacred Pregnancy* website. From the Trade Paperback edition.

My Boys Can Swim! Annick Press

The classic week-by-week guide to a happy, healthy pregnancy--celebrating over 30 years of expert advice! Doctors recommend it and pregnant couples rely on it--and you and your partner will find it indispensable! For over thirty years, Dr. Glade B. Curtis and Judith Schuler have helped millions of parents-to-be navigate and prepare for the most exciting and challenging time of their lives--and now they'll help you. With *Your Pregnancy's* signature week-by-week format, including illustrations of your baby, you'll easily and comfortably follow your baby's development as it grows during these exciting 40 weeks. Whether you're a first-time parent just learning to navigate pregnancy or an experienced pro, *Your Pregnancy Week by Week* is the perfect, comprehensive resource to guide you through your pregnancy. In this eighth edition, Dr. Curtis and Schuler address today's most pressing questions and concerns, including: Detailed descriptions and illustrations of baby's development Information on medical tests and procedures Tips on nutrition, your overall health and how it affects your growing baby Safe and easy weekly exercises to help you stay in shape Covering a wide range of new topics such as elective delivery, electronic cigarettes, pregorexia, salt-therapy spas, belly bands before and after pregnancy, and men preparing for pregnancy, *Your Pregnancy Week by Week* makes sure you and your partner will have everything you need to know at your fingertips--for this pregnancy and for any to follow.

The Girlfriends' Guide to Parties and Playdates Bloomsbury Publishing

There are approximately 3,712 ways for a guy to look stupid during pregnancy - this book's here to help you avoid all(most) of them. And here's your first hint: Focus on what you can be doing for her rather than what's happening to her. She's pregnant. She knows that. You know that. And her 152 baby books tell her exactly what she can expect. Your job is to learn what you can do between the stick turning blue and the drive to the delivery room to make the next nine months go as smoothly as possible. That's where John Pfeiffer steps in. Like any good coach, he's been through it. He's dealt with the morning sickness and doctor visits, painting the baby's nursery and packing the overnight bag,

choosing a name, hospital, and the color of the car-seat cover. All the while he remained positive and responsive - there with a "You're beautiful" when necessary - but assertive during the decision-making process (he didn't want to wind up with a kid named Percy). And now it's your turn. She might be having the baby, but you have plenty of responsibilities.

The Girlfriends' Guide to Baby Gear Atria Books

The Girlfriends' Guide to Pregnancy meets *Lobster Is the Best Medicine* in this collection of funny illustrations that perfectly depicts the awkward and uncomfortable realities of pregnancy—because creating a tiny human isn't just sunshine and smiles. Being "a little bit pregnant" may not be a thing. But being "so pregnant"? It's so possible. In this hilarious book, mom and illustrator Line Severinsen delivers the often ignored, but always honest truth about those magical—and sometimes messy—nine months of pregnancy. From morning sickness that lasts all day to weird dreams that last all night and heartburn that just won't quit, *I'm So Pregnant* perfectly captures what it is really like being pregnant. Unlike strangers touching your belly,

these playful and adorable cartoons will touch your heart and give a whole new meaning to "belly laugh."

Loving Your Family Without Losing Your Mind Simon and Schuster

When it comes to your new baby, everyone from Dr. Spock to Dr. Brazleton has an armful of advice. But no one's delivering any tips on how you can care for yourself. Now, four-time delivery room veteran Vicki Iovine answers your questions, calms your fears, and cracks you up as only a girlfriend can, with straight advice and hilarious observations on... "Baby euphoria": Is it a mind-altering drug? "Husband? What Husband?": Taking care of the big baby, as well as the little baby "I Want My Old Body Back!": What you can fix and what you can't "The Droning Phenomenon": The inability to discuss anything but your baby for more than thirty seconds "Do I Have to Become Carol Brady?": Conquering your fear of being a less-than-perfect mother "Competitive Mothering": Coping with know-it-alls, finger-pointers, and others who try to "Out-Mom" you NOTE: Pausing to read this book may be the only selfish thing you do all year, since you'll have time for nothing else!