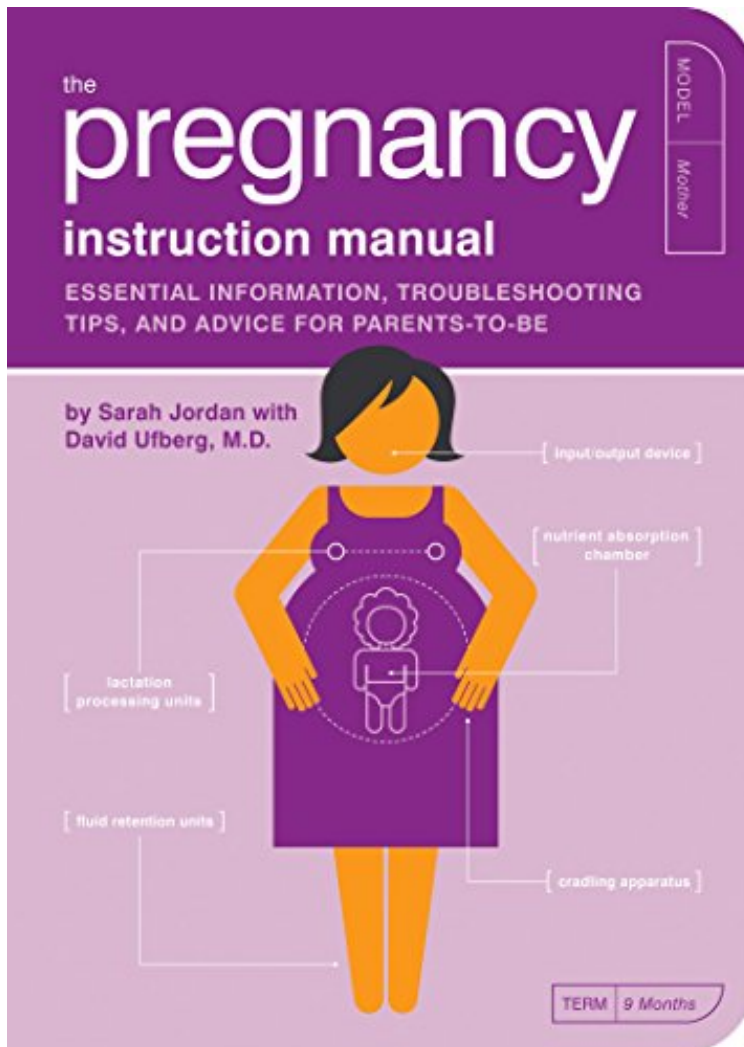


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# The Pregnancy Instruction Manual: Essential Information, Troubleshooting Tips, and Advice for Parents-to-Be



Par Sarah Jordan  
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## Description :

Prsentation de l'diteurAt last! A comprehensive guide to worry-free pregnancy! Bringing a baby into the world is one of lifes defining moments. But theres no getting around it: Being pregnant can feel overwhelming. Fortunately, The Pregnancy Instruction Manual is here to answer all of your most pressing questions. Will the morning sickness ever go away? How big is my baby at 26 weeks? Are beef jerky cravings normal? How do I ward off the unwanted tummy-touch era? And most of all, will I ever get a good nights rest again? Expectant parents will find the answers here courtesy of veteran mom Sarah Jordan and certified OB-GYN (and three time dad) David Ufberg.Revue de presseGreat for Dads! This little book is

aimed more at Dads, its set up like a Haynes car manual, its a fun way of looking at pregnancy starting from early pregnancy through to when the baby arrives, its informative and light hearted. I gave it to my husband to read and he laughed at lots of comments his favourite being about snoring, he enjoyed the book more so than I did. All in all a great little book, worth a read..... This is quick and easy to read and a good size which can fit in your handbag. I got this when I was 7 months pregnant so it would have been better to have earlier in pregnancy. It is American and so I thought some of it not relevant for expectant mothers in UK. I liked the simple, quirky pictures and lists such as what to pack in hospital bag. This would probably be a good book for fathers-to-be to read. Overall a good, light hearted read which gives the basics and ideal for first --The baby website, March, 2010Prsentation de l'diteurAt last! A comprehensive guide to worry-free pregnancy!

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