

The Girlfriends Guide To Pregnancy Website

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Navigate your pregnancy journey with confidence using our comprehensive girlfriends' guide website. Discover essential tips, expert advice, and supportive resources designed specifically for expecting mothers, covering everything from early symptoms to prenatal care and preparing for birth.

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The Girlfriends' Guide to Pregnancy

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 Iovine 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.

The Girlfriends' Guide to Pregnancy

Four-time delivery room veteran Iovine provides straight talk about those little things that are too strange or embarrassing to ask anyone about, practical tips, and hilarious takes on everything pregnant.

The Girlfriends' Guide to Pregnancy Daily Diary

Filled with straight talk from a four-time delivery room veteran, this book sees readers through the most exhilarating and exhausting time of their lives, one day at a time. An entire year's worth of invaluable—often hilarious—advice on everything from stretch marks, morning sickness, and maternity underwear to bladder control, pregnancy insanity, and postpartum dementia is included.

The Girlfriend's Guide to Pregnancy

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 that only a best friend can—in the book that will go the whole nine months for every mother-to-be. Here is straight talk about those little things that are too strange or embarrassing to ask anyone about, practical tips and hilarious takes on everything pregnant. From learning you're expecting ("Oh my god, how do I get out of this?") to the day your newborn arrives ("You mean I have to take the baby home with me?"), she gives you the lowdown on: WHAT REALLY HAPPENS TO YOUR BODY -- from morning sickness to eating everything in sight, what to expect when going from being a babe to having one. COMMON FEARS AND PARANOIA -- from turning into your mother to leaving the baby on the car roof, rest assured your anxieties are perfectly normal. THE MANY MOODS OF PREGNANCY -- or why you're so irritable/distracted/tired/lightheaded (or at least, more than usual). THE PREGNANCY YENTAS -- from your mom to his mom, they think they know everything -- and they don't hesitate to tell you what you're doing wrong. Girlfriend, take heart: if it's working for you, then you're doing just fine. HOW TO HAVE SEX DURING PREGNANCY, SHOULD YOU SO DESIRE -- bearing in mind you'll have no interest afterward. LOOKING AND FEELING YOUR BEST -- cautionary style tips from your best friend, who really would tell you if your perky newmom haircut makes you look like a pinheaded whale. When you need a reassuring voice or just a few good belly laughs, turn to The Girlfriends' Guide to Pregnancy.

The Girlfriends' Guide to Pregnancy

This accessible diary of a pregnancy aims to be as instructive as it is readable, and is now in spiral bound paperback.

The Best Friends' Guide to Pregnancy Daily Diary

You've survived the battlefields of pregnancy and childbirth, baby-and toddler-hood - now what?

Best Friends' Guide to Getting Your Life Back

"Embark on the enchanting journey of pregnancy with this heartwarming and humorous guide. From conception to the first ultrasound, laugh, learn, and cherish the candid experiences of an author who's been there. This delightful book is your key to demystifying pregnancy, navigating signs, and sharing the joy with loved ones. Get your copy now for a delightful blend of personal stories and practical advice – a perfect companion for anyone on the incredible adventure of parenthood!"

Excursion of Satisfaction: Set out on an endearing and diverting excursion through the miracles of pregnancy, loaded up with interesting stories and brilliant experiences. Real Insight: Gain significant and sincere insight from a through creator's everything, offering an extraordinary viewpoint on the delightful, chaotic, and fun snapshots of life as a parent. Demystify Pregnancy: Dispel any confusion on normal misinterpretations as you explore the rollercoaster of pregnancy signs with an ideal mix of humor and useful counsel. Ultrasound Divulged: Experience the sorcery of the initial ultrasound through the creator's eyes, with a slip look into the feelings and eccentricities that make this second really extraordinary. Share the Delight: Realize when and how to impart your interesting news to loved ones, directed by the creator's exceptional bliss scale. Revel in the specialty of spreading bliss! Functional Direction: Get viable counsel on unraveling pregnancy test results, making introductory strides subsequent to affirming pregnancy, and exploring routine clinical assessments with a quiet and informed approach.

Girlfriends Guide to Pregnancy: The Unconventional Guide to Pregnancy Dirty Details and Beautiful Truths

Bust out of that mommy rut and get into the groove! When a mother finally emerges from the mommy mole tunnel of pregnancy, breastfeeding, potty-training and preschool, she comes to the inevitable realization: The road to maternity is a one-way street. No U-turns allowed. You've survived the battles of baby- and toddler-hood, playdates and temper tantrums to time-outs. And just when it seems your former life is within reach—taking up neglected jobs and hobbies, committing to a fitness program, rediscovering the boyfriend living in the body of your husband—you crash headfirst into the wall of reality. The kids may be able to fasten their own seatbelts and pour their own cereal, but the homework, tucking in, car pools, and birthday parties have just begun. Let Vicki Iovine, author of The Girlfriends' Guides, show you how to navigate the twists and turns of family life—and find time for your kids, your spouse, your home, your work, and yourself. You're not alone in this "mommy adolescence." In The Girlfriends' Guide to Getting Your Groove Back, Iovine provides her trademark sage, witty advice on: - How to focus at work when things at home are in chaos—and vice versa - Making time for yourself—and not the PTA - Getting over the romantic myth of "date nights" and weekends away from the kids -

Homework help—your transformation into a human flashcard - The dinnertime crush and how to relieve frozen pizza fatigue lovine puts the perils of perpetual parenthood into perspective. You'll feel like you do after a long chat with a good friend—relaxed, refreshed, and ready to reclaim your life ...

The Girlfriends' Guide to Getting Your Groove Back

Your doctor gives you medical advice. Your mother buys you baby clothes. But who can give you the real story when you're pregnant? Your best friends of course - at least the ones who've been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Now, four-time delivery-room veteran Vicki lovine helps you through the next nine months the way only a best friend can. Here is straight talk about those little things that are too embarrassing to ask about, practical tips and hilarious tales on anything pregnant. From learning that you're expecting ('Oh my God, how do I get out of this?') to the day your newborn arrives ('You mean I have to take it home with me?'), lovine gives you the low-down on- What really happens to your body - from morning sickness and wind to eating everything in sight The many moods of pregnancy - or why you're so irritable/distracted/tired/lightheaded (well, more than you usually are) Staying Stylish - cautionary style tips from your best friend, who really would tell you if your perky new-mum haircut makes you look like a pinhead whale Pregnancy Is Down to A Science - from in-vitro fertilisation to scheduled C-section, the latest technology provides so many options, alternatives, and tests - it can be downright confusing ..

The Best Friends' Guide to Pregnancy

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 lovine 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!

The Girlfriends' Guide to Surviving the First Year of Motherhood

No Marketing Blurb

The Girlfriends' Guide to Pregnancy Diary

Sequel to THE BEST FRIENDS' GUIDE TO PREGNANCY, providing witty advice for new mothers on everything from coping with postpartum mood swings to salvaging their sex lives. lovine answers questions, calms fears and gives straight advice and hilarious observations. Provides details of what can be changed and what cannot.

The Best Friends' Guide to Getting Your Life Back

With a combined total of over 300,000 Girlfriends' Guides in print, Vicki lovine offers the kind of tongue-in-cheek humor and straight-from-the-hip advice that has made her one of today's most popular authorities on child rearing. Now she takes the next step in the Girlfriends series by helping mothers deal with that mysterious, baffling, often adorable and frequently alarming being their baby has become--a toddler.

The Best Friends' Guide to Surviving the First Year of Motherhood

No one understands the difficulties of being a woman better than Vicki lovine. The author of the hugely successful Best Friends' series, has guided women through most of the milestones in their lives - from being pregnant to surviving the first years of motherhood. Now in her new book, Vicki lovine tackles the dilemma that plagues every modern woman and mother - how to manage family, work and a personal life all at the same time. With the wit, wisdom and sass that has made her loved, Vicki lovine takes up all the big issues and breaks them up into manageable sections - ways to stay connected with your spouse, keeping up with the kids, work/home conflicts etc. Funny, pragmatic, and efficient, The Best

Friend's Guide to Getting your Groove Back teaches women how to regain control of their lives with attitude - this is an indispensable book for any woman.

The Girlfriends' Guide to Toddlers

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.”

The Best Friends' Guide to Getting Your Groove Back

If you're a mom (or mom-to-be) who wants to raise decent human beings, maintain your pre-baby identity, and not lose your sh*t along the way, congrats: you've just found the parenting book of your dreams. *The Rebel Mama's Handbook for (Cool) Moms* is a girlfriend's guide to early motherhood. It's the Coles Notes for all those boring baby books you never read. It's the instruction manual you wish your kid(s) came with - complete with cocktail list. Welcome to motherhood. Let's do this.

I'm So Pregnant

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!

The Rebel Mama's Handbook for (Cool) Moms

Mommy IQ is the ultimate girlfriend's guide to pregnancy. Rosie Pope—maternity fashion designer, pregnancy guru, and star of the hit TV show *Pregnant in Heels* on Bravo—leads expectant mothers through the ups and downs of pregnancy with her trademark humor and down-to-earth charm, tackling difficult issues with refreshing candor while offering useful information about medical support. The founder of MomPrep—a prenatal and postpartum education center—Rosie makes the journey to motherhood even more memorable with friendly advice, laugh-out-loud stories, and heartfelt, “been-there” insights. Mommy IQ is a must-own handbook for moms-to-be, young moms, and the families of expectant moms.

The Girlfriends' Guide to Surviving the First Year of Motherhood

AUSTRALIA'S TOP-SELLING, MOST RESPECTED PREGNANCY BOOK -REVISED AND EXPANDED Updated 2015 For more visit uptheduffbook.com.au KAZ COOKE gives you the up-to-date lowdown on pregnancy, birth and coping when you first get home. No bossy-boots rules, just lots of cartoons and the soundest, sanest, wittiest advice you'll ever get. Everything you need to know about the scary parts, the funny parts and your private parts. Week by week: what's happening to you and the baby Hermoine and the Modern Girl's hilarious pregnancy diary AND How to prepare for pregnancy and the baby Info on conceiving, and IVF Crying, eating, weeing and working Blokes, bosoms, busybodies and bunny-rugs Nausea and other 'side effects' Tests: what they're like and what they are for The best services, websites and books on everything Stretch marks, 'natural childbirth' vs medical intervention, baby clothes and nappies, travel, safety, and how to be rude to complete strangers Labour, caesareans and pain relief Breastfeeding What it's like with a newborn baby

Mommy IQ

"Looks at pregnancy, giving pregnant women and new mothers sensible and practical advice on what is to be expected (as well as the often unexpected!) in a friendly and open manner"--Publisher's description.

The girlfriends' guide to pregnancy

If you are pregnant, or planning a pregnancy, then this book will be an asset to your journey. In practical wording and presentation, it covers essential topics such as: Antenatal screening, foetal development and high-risk pregnancy. --Back cover.

Up the Duff

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!

The Bump Class

How to deal with your raging hormones.

The Complete Guide to Pregnancy After 30

Winner of 5 parenting awards including: Mom's Choice, National Parenting Publication, SheKnows Parenting Award & Editor's Choice. A positive approach to parenting. Every new mom deserves the royal treatment. As soon as that plus sign first appears (whether long-awaited or a total surprise!), your life becomes a whirlwind of advice, expectations, and uncertainties. Never fear, your award winning guide to happily ever after is here! A Simple Guide to Pregnancy & Baby's First Year is like your best friend who's been there before: this book will make you laugh, while giving you the real answers and seasoned solutions that all new moms are looking for. Simple steps to better health and happiness for you and baby Solutions for each trimester, including how to ace the worry factor Nutrition guidelines that are good for you and your budget Checklists on the essentials from nursery to hospital bag and must-have baby gear A month-by-month guide to developmental milestones for baby's first year Quick & Easy tips for breastfeeding, sleep training and going back to work Much, much more!

Pregnancy

Drawing on medical texts, popular advice books, and online birth plans and birth stories, as well as the results of a childbirth writing survey, Owens considers how women's agency in childbirth is sanctioned, and how it is not. She examines how women's rhetorical choices in writing interact with institutionalized medicine and societal norms. *Writing Childbirth* reveals the contradictory messages women receive about childbirth, their conflicting expectations about it, and how writing and technology contribute to and reconcile these messages and expectations.

Oh Sis, You're Pregnant!

This book centers on the role of media in shaping public perceptions of breastfeeding. Drawing from magazines, doctors' office materials, parenting books, television, websites, and other media outlets, Katherine A. Foss explores how historical and contemporary media often undermine breastfeeding efforts with formula marketing and narrow portrayals of nursing women and their experiences. Foss argues that the media's messages play an integral role in setting the standard of public knowledge and attitudes toward breastfeeding, as she traces shifting public perceptions of breastfeeding and their corresponding media constructions from the development of commercial formula through contemporary times. This analysis demonstrates how attributions of blame have negatively impacted public health approaches to breastfeeding, thus confronting the misperception that breastfeeding, and the failure to breastfeed, rests solely on the responsibility of an individual mother.

Does This Pregnancy Make Me Look Fat?

Profiles the eighteen- to forty-year-old consumer market as the most coveted and hard-to-reach consumer segment, revealing how to anticipate the buying habits of generations X and Y.

A Simple Guide to Pregnancy & Baby's First Year

The pregnancy resource you can trust: medically reliable information, mom-to-mom advice. If you want the real deal on pregnancy, you've come to the right book! Drs. Yvonne Bohn, Allison Hill, and Alane Park are three top obstetricians who have personally welcomed more than 10,000 babies into the world. But they've been on the other side of the ultrasound too--as mothers themselves, they have each experienced the joys and anxieties of pregnancy firsthand. Morning sickness . . . unexpected contractions . . . midnight feedings . . . even serious complications . . . they've been there! Now they share everything you need to know about this exciting, life-changing journey. Written in a clear and friendly style, *The Mommy Docs' Ultimate Guide to Pregnancy and Birth* offers the most up-to-date medical guidance. It's packed with real-life stories from new moms and practical tips straight from the Docs' office. From pre-conception to postpartum, you'll find answers to your most pressing questions, including: Can birth control pills cause fertility problems? When will I start showing? Which prenatal tests do I really need? Is my baby getting the right nutrition? Is it true that I can't touch a cat, eat sushi, or color my hair for nine months? If I get a cold, is it safe to take medication? How do I create a birth plan? What if I go into labor alone? If I've had a cesarean delivery before, will I need to have one with my next pregnancy? How can I make breastfeeding easier? This extraordinarily comprehensive guide also includes chapters on diet and exercise, high-risk pregnancies, and the most often-repeated myths. Complete with illustrations of your baby's development, *The Mommy Docs' Ultimate Guide to Pregnancy and Birth* is your reassuring resource for a healthy and stress-free pregnancy.

Writing Childbirth

Babies are not simply born—they are made through cultural and social practices. Based on rich empirical work, this book examines the everyday experiences that mark pregnancy in the US today, such as reading pregnancy advice books, showing ultrasound "baby pictures" to friends and co-workers, and decorating the nursery in anticipation of the new arrival. These ordinary practices of pregnancy, the author argues, are significant and revealing creative activities that produce babies. They are the activities through which babies are made important and meaningful in the lives of the women and men awaiting the child's birth. This book brings into focus a topic that has been overlooked in the scholarship on reproduction and will be of interest to professionals and expectant parents alike.

Breastfeeding and Media

After you've made the decision to return to work following the birth of a child, you may still wonder, "Am I doing the right thing for my family?" and "How on earth do I make this work?" Now, *The Working Mother's Guide to Life* sets out to offer you hundreds of answers to these types of questions, from nuts-and-bolts advice, such as finding top-notch child care and stress-free ways to manage your household, to more complex issues like separating from your child without feeling guilty and creating a rich, strong family culture that will thrive regardless of whether or not you are working. Author Linda Mason—herself a working mom and founder of an award-winning company that cares for the children of working parents across the country—provides a reassuring, practical, and comprehensive guide based on interviews with more than 100 successful working mothers from diverse backgrounds. Here are countless strategies and tips from these experts on everything from household chores and returning to work with a newborn to finding communities of support.

- Building the Three Pillars of Success: A supportive workplace, a "partner-in-parenting," and excellent child care
- Running a household, holding down a job, and thriving while keeping it all together—from getting food on the table to getting out the door in the morning
- Setting your priorities, including nurturing your family, satisfying your employer, and taking care of your own needs
- Tips from caregivers on how to help your children blossom and grow in a variety of child care settings

Mind Your X's and Y's

From America's leading authorities in childcare comes the definitive guide to having a healthy pregnancy -- and a healthy baby. *The Healthy Pregnancy Cookbook* guides expectant mothers and fathers through all stages of pregnancy from preconception through birth, focusing on how to enhance the health of mother and baby: How to grow a smarter and healthier baby How your baby is developing, and how you may be changing both emotionally and physically Eating right for two, with a helpful list of pregnancy superfoods Exercise and keeping fit during your pregnancy Concerns and questions you may have about test and technology, genetic counseling, and childbirth options How to protect the womb environment and recognize potential household hazards Advice on working while pregnant Choosing the right healthcare provider and childbirth class The transition into parenthood And much more... Written in the Seares' trademark reassuring tone that makes their books long-term bestsellers, *The Healthy Pregnancy Book* is the must-have resource to fit the greater demands of today's savvy parents.

The Mommy Docs' Ultimate Guide to Pregnancy and Birth

The Routledge Handbook of Anthropology and Reproduction is a comprehensive overview of the topics, approaches, and trajectories in the anthropological study of human reproduction. The book brings together work from across the discipline of anthropology, with contributions by established and emerging scholars in archaeological, biological, linguistic, and sociocultural anthropology. Across these areas of research, consideration is given to the contexts, conditions, and contingencies that mark and shape the experiences of reproduction as always gendered, classed, and racialized. Over 39 chapters, a diverse range of international scholars cover topics including: Reproductive governance, stratification, justice, and freedom. Fertility and infertility. Technologies and imaginations. Queering reproduction. Pregnancy, childbirth, and reproductive loss. Postpartum and infant care. Care, kinship, and alloparenting. This is a valuable reference for scholars and upper-level students in anthropology and related disciplines associated with reproduction, including sociology, gender studies, science and technology studies, human development and family studies, global health, public health, medicine, medical humanities, and midwifery and nursing.

Pregnancy in Practice

Everything you need to know about pregnancy—from weight gain to stretch marks to figuring out how to rely on Christ through the ups and downs of the next nine months. This comprehensive guide is packed with information that every newly pregnant Christian mama needs—including: help for pregnancy insomnia, morning sickness, weight gain and more advice on how to maintain a godly attitude and outlook during pregnancy—even when you're feeling anything but godly what to expect from doctor check-ups, your encounters with the scale and labor and delivery tips on how to survive food cravings, aversions, and even dreaded pregnancy exercise healthy eating advice for pregnancy that doesn't outright ban ice cream sundaes ideas on how to keep your marriage a priority when you're pregnant, including a guide for Christian dads-to-be and even pregnancy sex tips This detailed guide takes you through each trimester with helpful tips, humorous accounts, and supportive spiritual advice--all with a

girlfriend-to-girlfriend approach that will help moms feel comfortable as they navigate this life-changing time.

The Working Mother's Guide to Life

Vols. 8-10 of the 1965-1984 master cumulation constitute a title index.

Software and CD-ROM Reviews on File

The Healthy Pregnancy Book