

[Books] The Girlfriends Guide To Pregnancy Read Online

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The Girlfriends' Guide to Pregnancy-Vicki Iovine 2007-01-09 A revised edition of a best-selling reference features twenty-five-percent new material and the original work's trademark combination of humorous and down-to-earth advice, in a resource that features a wealth of anecdotal tips on everything from maternity clothes and pregnancy sex to birthing options and postpartum recovery. Original. 100,000 first printing.

The Girlfriends' Guide to Pregnancy-Vicki Iovine 2007-01-09 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 Girlfriend's Guide to Surviving the First Year of Motherhood-Vicki Iovine 1997 Describes a new mother's physical and emotional changes

The Girlfriends' Guide to Pregnancy Daily Diary-Vicki Iovine 1996-11-01 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 Girlfriends' Guide to Toddlers-Vicki Iovine 1999 Offers advice on such issues as how to survive a tantrum in public and how to say "no" and act like you mean it

The Girlfriend's Guide to Getting Your Groove Back-Vicki Iovine 2001 Provides advice for mothers whose children are past the toddler stage and finally have some free time but don't remember what to do with it, with anecdotes from other mothers in similar situations.

I'm So Pregnant-Line Severinsen 2017-03-07 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.”

Mommy IQ-Rosie Pope 2012-10-02 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 Pregnancy-Vicki Iovine 1999

My Boys Can Swim!-Ian Davis 2009-02-19 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." From the Trade Paperback edition.

The Girlfriends' Guide to Baby Gear-Vicki Iovine 2002-12-01 A practical guide for new mothers explains how to get infant supplies without breaking the bank, offering tips on wardrobe for mother and child, stocking the nursery, the best brand name merchandise, and crib and car seat essentials.

Nurture-Erica Chidi Cohen 2017-10-24 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. This beautiful and comprehensive pregnancy companion covers everything from the beginning months of pregnancy to the baby's first weeks. Including supportive and encouraging self-care and mindfulness exercises along with more than 40 charming and helpful illustrations, here's everything a modern mama would want to know: fetal development, nutrition support for every month of pregnancy, making birth choices, the basics of breastfeeding, and more.

Mayo Clinic Guide to a Healthy Pregnancy-Mayo Clinic 2009-03-17 Book description to come.

Pregnancy, OMG!-Nancy Redd 2018-04-03 New York Times bestselling author Nancy Redd's visual guide to pregnancy and all the bizarre, hilarious, and often unanticipated changes a woman's body can go through. WHY DID NOBODY TELL ME THIS COULD HAPPEN?!— This is not the thought you want to be having when you're frantically Googling whether your pregnancy symptom is normal or an emergency. Just when you thought there could never be another pregnancy book, Pregnancy, OMG! comes along, and you realize how much the current market is missing. Did you know that: your nose can change size and shape? Your fingernails, far from growing long and strong, can crack or fall off? You can completely (temporarily) lose your sense of smell? That 5% of women grow a third boob? More seriously, that 25-50% percent of the partners of women with postpartum depression develop it themselves, or that 20% of pregnancies end in miscarriage? This is a one-stop guide to every change a woman's body can go through while pregnant, and is unlike anything for expecting parents on the market: it is illustrated by full-color photographs of a diverse set of real pregnant women of all shapes, sizes and ages. Featuring Nancy Redd's trademark warmth, humor, and candor, and partnered with the advice and vetting of medical experts, this book tackles embarrassing, confusing, and less-widely discussed issues that many pregnant women face while offering practical tips and techniques to ease even the strangest problems, helping to dispel panic and shame, and providing women the resources they need for a

healthy pregnancy.

The Girlfriends' Guide to Pregnancy Diary-Vicki Iovine 1997

Say Yes to What's Next-Lori Allen 2020-07-14 From the star of Say Yes to the Dress: Atlanta, now filming its eleventh season for TLC, comes a book and a life-makeover movement for women approaching fifty and beyond. Move over, girlfriend, Lori Allen is here to help you say yes to what's next! Star of Say Yes to the Dress: Atlanta, Lori Allen uses her confidence, wisdom, and signature humor not only to help young brides on their most important day ever but also to model to them and their mothers how to live out the coming years as the best of their lives. Lori Allen is owner/operator of one of the biggest and busiest bridal mega-salons in the country, Atlanta's Bridals by Lori. But she's also a wife, mother, grandmother, and breast cancer survivor. Whether you're feeling invisible, disappearing into the fabric of your couch a little more every year, or simply being indecisive about what's next, Lori offers herself as the poster child of what to do, not do, and how to see your way through the unexpected. In Say Yes to What's Next she addresses essential issues, such as don't let yourself go, marriage is awesome, but it's no fairytale, keep your mouth shut and your heart open to your kids (and they'll bring you grandkids), make time to parent your parents, maintain a close circle of girlfriends, get off the couch and live your passion, take charge of your money, and what to do when life gives you a faceplant. Say Yes to What's Next is a life makeover and therapy session from a relatable you-can-and-you-should-do-this straight-shooter as Lori helps women shape their own futures with confidence, style, and sass.

My Girlfriend's Pregnant!-Chloe Shantz-Hilkes 2015-09-22 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.

The Mocha Manual to a Fabulous Pregnancy-Kimberly Seals-Allers 2005-12-27 The Girlfriends' Guide to Pregnancy meets What to Expect When You're Expecting for today's professional black woman The Mocha Manual to a Fabulous Pregnancy is a straight-talking handbook to pregnancy with contributions by doctors and personal stories from black women and celebrity moms. Kimberly Seals-Allers offers candid advice on specific health concerns affecting black women such as high blood pressure, sickle cell disease, diabetes, and low birth weight, as well as information about how to get your finances in order, how to cope with embarrassing pigmentation and hair texture changes, single-parenting, maternity fashion, how to deal with demanding jobs and hormone-induced meltdowns. Hip, funny, and refreshingly frank, this book is a must-have for all mothers-to-be.

Belly Laughs, 10th anniversary edition-Jenny McCarthy 2014-01-07 The New York Times bestseller--never shy, frequently crude and always funny, Jenny McCarthy gives the lowdown on pregnancy in the grittiest girlfriend detail Revealing the naked truth about the tremendous joys, the excruciating pains, and the inevitable disfigurement that go along with pregnancy, Jenny McCarthy tells you what you can really expect when you're expecting! From morning sickness and hormonal rage, to hemorrhoids, granny panties, pregnant sex, and the torture and sweet relief that is delivery, Belly Laughs is must-read comic relief for anyone who is pregnant, has ever been pregnant, is trying to get pregnant, or, indeed, has ever been born!

The Only Pregnancy Book You'll Ever Need-Paula Ford-Martin 2013-12-03 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.

Born in the USA-Marsden Wagner 2008-05-21 Born in the USA examines issues including midwifery and the safety of out-of-hospital birth, how the process of becoming a doctor can adversely affect both practitioners and their patients, and why there has been a rise in the use of risky but doctor-friendly interventions, including the use of Cytotec, a drug that has not been approved by the FDA for pregnant women. Most importantly, this investigation, supported by many troubling personal stories, explores how women can reclaim the childbirth experience for the betterment of themselves and their children."--Jacket.

Funny Little Pregnant Things-Emily Doherty 2016-04-05 Today's pregnancy books may no longer recommend martinis and cigarettes to help pregnant women relax, but most offer moms to be a ton of worthless information--like what kind of fruit your baby is the size of at Week 16. Is there any practical value in knowing that your child resembles produce? And where's the good stuff--the useful details, like beware of the baby registry and all the crap you will never use, or be prepared to get breast milk all over everything you own? Hilarious, candid, and easy to read, Funny Little Pregnant Things is full of helpful information about all the stuff people don't tell you about pregnancy--the good, the bad, and the ugly.

Do Chocolate Lovers Have Sweeter Babies?-Jena Pincott 2011-10-11 Brain Candy for expectant parents! Pregnancy is an adventure. Lots of books tell you the basics--"the baby is the size of [insert fruit here]." But pregnant science writer Jena Pincott began to wonder just how a baby might tinker with her body--and vice versa--and chased down answers to the questions she wouldn't ask her doctor, such as: • Does stress sharpen your baby's mind--or dull it? • Can you predict your baby's temperament? • Why are babies born in the darker months of the year more likely to grow up to be novelty-loving risk takers? • Are bossy, dominant women more likely to have boys? • How can the cells left behind by your baby affect you years later? This is a different kind of pregnancy book--thoughtful, fun, and filled with information you won't find anywhere else.

The Impatient Woman's Guide to Getting Pregnant-Jean M. Twenge 2012-04-17 Comforting and intimate, this "girlfriend" guide to getting pregnant gets to the heart of all the emotional issues around having children--biological pressure, in-law pressures, greater social pressures--to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. The Impatient Woman's Guide to Getting Pregnant is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend who's been through it all. And in fact, Dr. Jean Twenge has been through it all--the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information--sometimes contradictory, frequently alarmist, and often discouraging-- that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you've been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, The Impatient Woman's Guide to Getting Pregnant is the bedside companion to help you through it.

Pregnancy Journal, 3rd Edition (ebook) *OP*-A. Christine Harris 2010-07-01 This classic contains the latest medical information on both mom's health and baby's development. This best-selling journal is packed with daily entries that feature tips, advice, and plenty of room for personal reflection. This one-of-a-kind journal is the ultimate resource for today's expecting mother.

The Girlfriend's Guide to Pregnancy-Vicki Iovine 1997-03-01 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 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 Best Friends' Guide to Pregnancy Daily Diary-Vicki Iovine 2005-04-01 This accessible diary of a pregnancy aims to be as instructive as it is readable, and is now in spiral bound paperback.

Best Friends' Guide to Getting Your Life Back-Vicki Iovine 2005 You've survived the battlefields of pregnancy and childbirth, baby-and toddler-hood - now what?

It's Really 10 Months-Natalie Guenther 2013-08 No one ever tells you about all of the crap that happens to you when you're pregnant. Like, for example, it's not nine months, it's ten long months. We are three thirty-something women who were fortunate enough to be pregnant at the same time. We shared our questions, fears, humor, and experiences through emails, which became our lifeline and virtual support group. Here, we share the good, the bad, and the ugly of our experiences. We do not hold back for the squeamish or the faint of heart-you need the truth, and now! We are all social workers with graduate education, and we have all worked in the obstetrical units of hospitals for many years. Along the way, we thought it might be helpful to have someone sane weigh in on our hormonal ramblings, so we asked Dr. Bob, a specialist in high-risk pregnancies to help us out. But, we know that all of this experience is nothing like being pregnant yourself! So prop up your cankles, rest this book upon your shelf of a belly, and check out our email log. We made it through the entire experience and lived to tell the tale-and you will too.

Black, Pregnant and Loving It-Yvette Allen-Campbell 2016-12-27 *The Only Month-By-Month Pregnancy Guide for Black Women* Let's face it: Not all pregnancies are created equal. African American women are at a higher risk for complications such as hypertension, asthma and preterm birth. That's why Dr. Suzanne Greenidge-Hewitt and Yvette Allen-Campbell wrote this must-have pregnancy guide for women of color. Suzanne has over 26 years of experience as a board-certified obstetrician and gynecologist, and Yvette is a leader in education. Together they walk you through the multiple stages of pregnancy, advise on how to best avoid common health issues and dispel rumors, all with authority and personality. With month-by-month overviews, soul food recipes beneficial to pregnant women, checklists for doctor visits, a play-by-play of delivery options and even tips for keeping the romance alive, this book has everything you'll need for the next 9 months and beyond. With all your questions answered and all your fears laid to rest, *Black, Pregnant and Loving It* will allow you to enjoy your pregnancy and go on to deliver the beautiful baby you've been waiting for.

Bump It Up-Amy Tara Koch 2011-03-09 The key to pregnancy chic? Creativity. Effort. And a commitment to pushing the sartorial envelope even when you'd rather crawl back under the sheets with a box of doughnuts. But don't let "thigh" anxiety drive you to sneakers and plus-size velour tracksuits. It's time to turn nine months of potential frump into mega maternity moxie. In this witty and accessible pregnancy primer to all four trimesters, career fashionista and mother of two Amy Tara Koch offers easy ways for moms-to-be to pop out of the preggo pits and pull together dozens of jaw-dropping maternity ensembles—without breaking the bank. This timeless style manifesto features sketches from today's most popular fashion designers, including Nicole Miller, Diane von Furstenberg, Donna Karan, and Isaac Mizrahi, as well as tips and tricks from Koch and her "A-list"—a roster of fashion editors, beauty gurus, and celebrity stylists. Packed full of clever quizzes, skin care secrets, and a handy glossary of terms that every pregnant woman needs to know, *Bump It Up* will have you putting on the glitz throughout your pregnancy and beyond. From the Trade Paperback edition.

Belly Laughs-Jenny McCarthy 2011-08-01

When You're Expecting Twins, Triplets, or Quads 3rd Edition-Barbara Luke 2010-12-28 *When You're Expecting Twins, Triplets, or Quads* by Dr. Barbara Luke & Tamara Eberlein is the revolutionary, nutritionally based prenatal program for the growing number of women pregnant with multiples. Revised and expanded for an era when multiple births are on the rise, the third edition of *When You're Expecting Twins, Triplets, or Quads* includes updated diet and exercise recommendations for the postpartum mother as well as twenty-five new recipes.

Dude, You're Gonna Be a Dad!-John Pfeiffer 2011-03-18 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 Best Friends' Guide to Pregnancy-Vicki Iovine 2011 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 Iovine 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?'), Iovine 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 Sh!t No One Tells You About Pregnancy-Dawn Dais 2017-11-07 The fourth book in Dawn Dais's popular *Sh!t No One Tells You* series offers "been there, freaked out about that" advice for expectant parents The fourth title in Dawn Dais's popular parenting series, *The Sh!t No One Tells You About Pregnancy* is quite possibly the funniest, and most heartfelt, yet. After all, pregnancy is not all about scanning Pinterest for baby shower themes and registering for ironic onesies, and sometimes the less flattering aspects of gestation have a way of dimming a bit of that so-called pregnancy glow. Not to worry! Dawn is here, ready to shepherd you through the experience of one human body taking on the task of growing another human body. (Spoiler alert: It ain't always pretty.) Dawn covers it all, sharing expert lists, tips, warnings, and even a series of Parent-Training Workouts designed to increase readers' tolerance to the various indignities of parenthood, like peeing with an audience and surviving an afternoon in Chuck E. Cheese. *The Sh!t No One Tells You About Pregnancy* is a must-have guide for expectant moms (and their partners!) who are looking for some counsel, comedy, and camaraderie during their ultimate countdown to parenthood.

The Christian Mama's Guide to Having a Baby-Erin MacPherson 2013 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 Baby Bible-Bec Judd 2018-05-01 What you're not expecting, when you're expecting Bec Judd has been pregnant quite a lot: three pregnancies, three deliveries and four gorgeous newborn babies. From carrying a baby, delivering it, feeding it and raising it, Bec has experienced almost everything motherhood can throw at you and she wants to share the secrets and stories that she has learned along the way. Not to mention all those things about pregnancy, birth and motherhood that often come as a complete surprise. Join Bec and her dream team of experts (an obstetrician, a midwife, an ultrasound specialist, a women's health physio and a paediatric sleep specialist) as they take you month by month through your pregnancy. They will share their insider advice on the best ways to eat for two (or three!), stay in shape and get you and your baby sleeping well. This gorgeous, comprehensive handbook contains a wealth of honest, practical and sometimes hilarious advice to prepare you and your baby for life after birth.

Girlfriends' Guide to Weight Loss-Irene Gallos Kok 2019-09-19 *Girlfriends Guide to Weight Loss* is a self-help book for people who desperately want to improve their lives but due to multiple failed attempts at losing weight feel defeated and lost. This refreshing guide takes its readers to the beginning of the process and reprograms their thinking about how a weight loss program should be approached. Irene Kok serves 16 bite-sized chapters full of hilariously inspiring stories, sage advice, current research, actual recipes, and an occasional well needed profanity, helping you to:

- Create a realistic and sustainable plan that you can enjoy.
- Identify self-sabotaging behaviors that have been inhibiting

your success. • Learn to self-forgive and avoid the common causes of program derailment. • Develop strategies to avoid mental pitfalls of dieting and all the cliché falacies that come with it. • Learn to accept the numbers on the scale and love yourself. By the end of Girlfriends Guide, you will have a whole new appreciation of the process. You will understand why you have not been able to lose weight in the past, how you can change that, and how you can kick some serious ass.

The Most Intimate Revelations about the Girlfriends' Guide to Pregnancy-Sophia Burring 2013-03 In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "The Girlfriends' Guide to Pregnancy." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

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