

# Free Download The Pregnancy Book Month By Month Everything You

## Recommendations for pregnancy & labor:

**The Pregnancy Book: Month-by-Month, Everything You Need to Know From America's Baby Experts,** by Martha & William Sears. *Focusing on nutrition, exercise, traveling while pregnant, how to avoid epidurals, and so on. Written in month-by-month format for easy reference.*

**Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation,** by Pam England. *An alternative guide written by the midwife who made Birthing from Within classes popular. Helpful for the birth and beyond, may be a bit lacking in details for the pre-natal time.*

**The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth,** by Sears Parenting Library. *Divided into three parts: "Preparing for Birth," "Easing Pain in Labor," and "Experiencing Birth." Very informative for details about vaginal births; cesareans; VBACs; best birthing positions; drugs; pain; the humor, chemistry, and sexuality of birth.*

**The Mother of All Pregnancy Books: The Ultimate Guide to Conception, Birth, and Everything In Between,** by Ann Douglas. *An informative book that covers pre-conception, early pregnancy, common questions and complaints, high-risk pregnancy, labor, delivery and afterwards.*

**Managing Morning Sickness,** by Miriam Erick. *Realistic advice for those people who suffer from more than mild nausea. This book gives recipes and different approaches to suppress nausea and begin eating again.*

**Baby Bargains: Secrets to Saving 20% to 50% on Baby Furniture, Equipment, Clothes, Toys, Maternity Wear, and Much, Much More!** by Denise Fields, Alan Field. *The average baby costs \$6000 in the first year. Learn to save when shopping for your baby.*

## For a more humorous approach:

**The Girlfriends' Guide to Pregnancy,** by Vicki Iovine. *A light read that pokes fun at body changes, hormones, and sex during and after pregnancy. Very funny and quick to read, this is written by a mother of four who covers all you need to know about gas, food cravings and mood swings.*

**My Boys Can Swim!: The Official Guy's Guide to Pregnancy** Ian Davis. *A funny book that helps men get involved by using humor to dispel many fears about the birthing process.*

**Belly Laughs: The Naked Truth About Pregnancy and Childbirth** Jenny McCarthy. *Written by the 1994 Playmate of the Year, who describes in full, explicit detail how "unpretty" her first pregnancy was. There's a certain comfort in knowing that even a sex symbol gets stretch marks and balloons to 200 pounds during pregnancy.*



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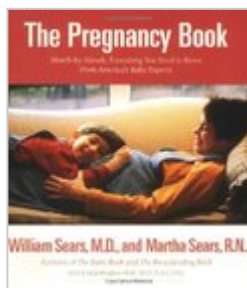
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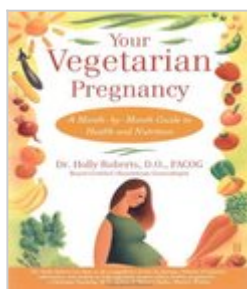
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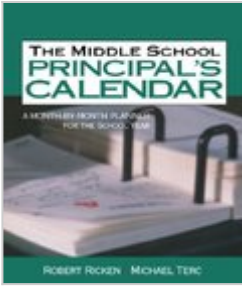
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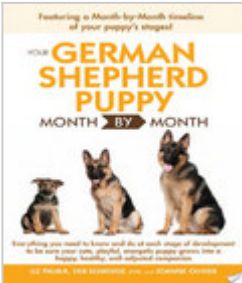




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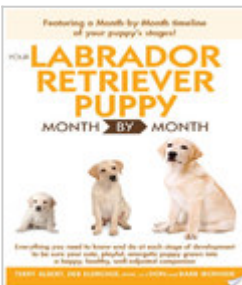
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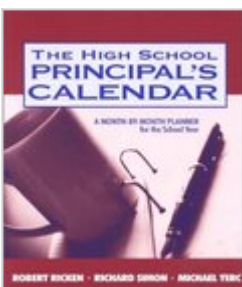
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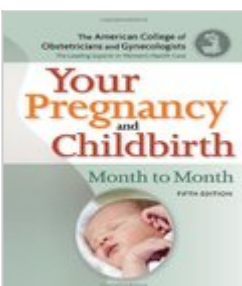
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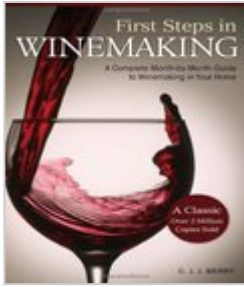


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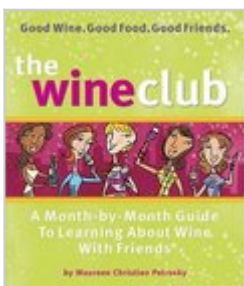
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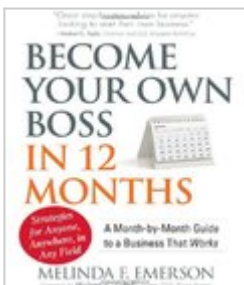
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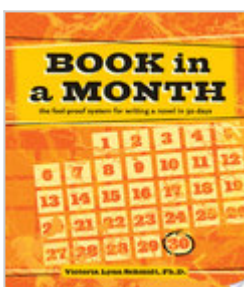
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