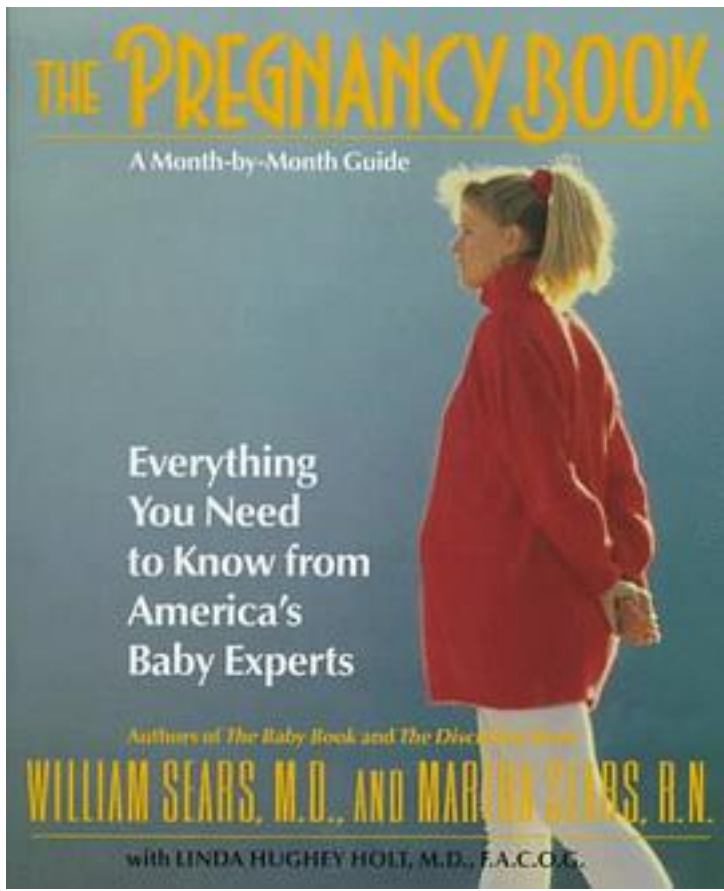


The Pregnancy Book



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著者:Sears, William/ Sears, Martha/ Holt, Linda Hughey

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《西尔斯怀孕百科》是一本孕育新生命的权威百科全书。书中按照怀孕的月份一步步展示了子宫内发生的神奇变化，总结了准妈妈应知的所有事项，包括：在宝宝成长的同时，你会经历生理和心理上的哪些变化；对于产科检查、分娩方式等疑虑的专业解答；怎样做一个快乐的怀孕上班族；从克服害喜到控制阵痛的各种实用妙招，等等。书中从始至终都传达了一个理念：怀孕是自然而美好的生理过程，只要掌握了相关知识，放松心

情，就应该能拥有一次美好的怀孕与分娩经历！

America's foremost baby and childcare experts tell you what to expect, month by month, from conception through birth. In this uniquely authoritative and comprehensive guide, Dr. Bill and Martha Sears, the pediatrics specialists whose books on birth, babies, and parenting have become widely praised bestsellers, team up with one of America's leading obstetricians. The result: the definitive book on pregnancy for expectant parents today. The Pregnancy Book explains what is occurring in the womb step by step, so that you can better appreciate why your body behaves the way it does and why you feel the way you do. The topics covered include: * how your baby is growing, as well as how you may be changing, both physically and emotionally * concerns and questions you may have about tests and technology, genetic counseling, childbirth options, and bonding with your preborn baby * essential information on eating right for two * how to protect the womb environment and recognize potential household hazards * advice on working while pregnant-from informing your boss to dressing for the job * exercising and keeping fit during your pregnancy * selecting a childbirth class * helpful tips on everything from traveling while pregnant to overcoming morning sickness * and much more. With a detailed special section on labor and delivery, a glossary of obstetrical terms, and a chapter covering "the tenth month"-postpartum-The Pregnancy Book is an unrivaled source of information, counsel, and comfort for every prospective parent.

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西尔斯怀孕百科

作者介绍:

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评论

美国人的风格：很平易，很罗嗦……

条目不够清晰，主要是太罗嗦，找不到关键点。买来基本闲置了……

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书评

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