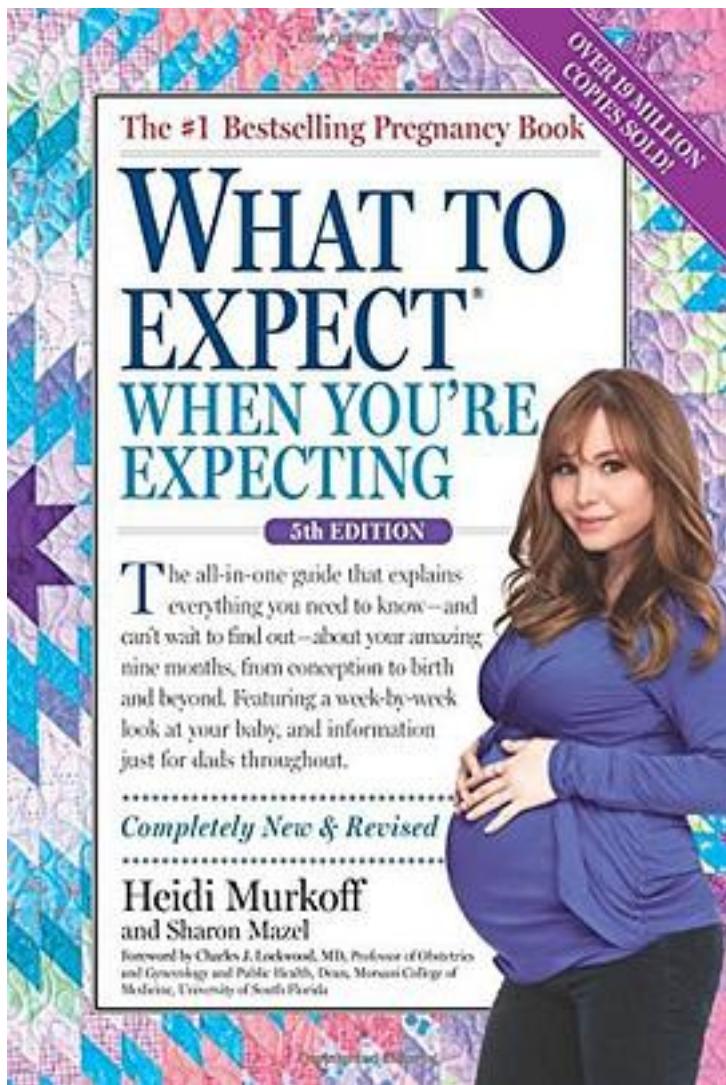


What to Expect When You're Expecting



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著者:Heidi Murkoff

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Your pregnancy explained, your pregnancy questions answered, your pregnant body demystified, head (what to do about those headaches) to feet (why they’re so swollen), back (how to stop it from aching) to front (why you can’t tell a baby by mom’s bump).

Expect the best yet! This cover-to-cover (including the covers) brand new fifth edition is filled with must-have information, practical advice, realistic insight, easy-to-use tips, and lots of reassurance. You’ll find the very latest on prenatal screenings, which medications are safe, and the most current birthing options—from water birth to gentle c-sections. Your pregnancy lifestyle gets equal attention, too: eating (including food trends) to coffee drinking, working out (and work) to sex, travel to beauty, skin care, and more. Have pregnancy symptoms? You will—and you’ll find solutions for them all. Expecting multiples? There’s a chapter for you. Expecting to become a dad? This book has you covered, too.

作者介绍:

海蒂·麦考夫

全球最畅销的孕产育儿书作家，被《时代》周刊评选为2011年度“世界最具影响力的100人之一”，多次做客《今日秀》《早安，美国》等知名电视节目，发起了what to expect基金会和网站。著有《海蒂育儿大百科》等十余部作品，在美国销量超过3400万册，被译为30多种语言畅销全球。第一畅销书《海蒂怀孕大百科》近30年长销不衰，蝉联美国亚马逊书店、《纽约时报》等孕产类图书排行榜第1名，销量超1700万册，已被改编成同名电影于2012年5月在北美上映。

莎伦·梅泽尔

与海蒂·麦考夫合著有《海蒂育儿大百科》等多部作品。

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标签

孕产

老友记

修养/技能

书单

评论

孕期常见问题基本都有涵盖到，但是基础知识部分比较薄弱。 和Mayo Clinic的丛书可以相互补充阅读。

孕期圣经，看了让人安心很多。

如果没有读这类的东西现在问题会更严重吧

信息量挺大的…居然连 “我隆过胸/我打了乳钉可以母乳喂养吗” 这样的问题都有解答
…

非常详细的一本书，适合作为孕期的参考书。

担忧的时候读是非常有用了

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书评

不要企图一口气读完，这是一本类似工具书的书，只要你按照自己备孕、怀孕的月份，

提前阅读即可。

对于0基础的人来说内容还算详实，但是仍然有你用不上的，可以选择性阅读。

老外写的书，不会告诉你在中国什么时候立卡、什么时候建手册、什么时候买保险...

这本书的封面上写着作者是全球最畅销的孕产育儿书作家，世界最具影响力的100人之一。老实说，在图书馆偶然看到这本书之前，其实我并不知道有这么个人。书的封底写的定价49.8元，看完这本书之后，我最大的感触就是这本书能给怀孕或者备孕的人带来的价值远不止50元。书里详细写...

这是一本怀孕的查阅手册，需要的时候，有疑问的时候，可以随时翻找相关的知识点，并不适合通篇阅读，因为看了也不能完全记住。

关于怀孕，初期的时候，基本上会把相关的注意事项用很短的时间做一次系统的学习，之后的几个月过程里，按时去医院检查，其他的相关知识补充就比较...

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