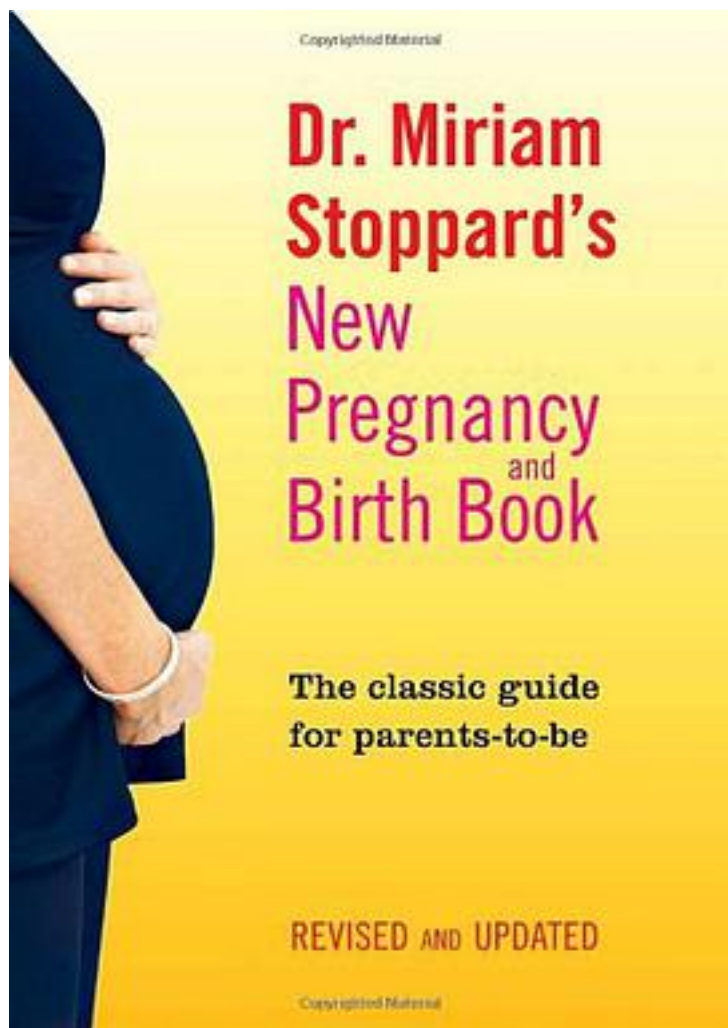


Dr. Miriam Stoppard's New Pregnancy and Birth Book



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著者:Stoppard, Dr. Miriam

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A completely updated and expanded edition of Dr. Miriam Stoppard's bestselling pregnancy handbook

Contemporary, practical, and thoroughly enjoyable to read, Dr. Miriam Stoppard's New Pregnancy and Birth Book is the ideal step-by-step guide to every aspect of pregnancy--from prenatal care and childbirth through the first few weeks of life.

- Features information and guidance for both partners through each stage, including charts and checklists to assist in planning for the new arrival
- Contains an extended month-by-month pregnancy calendar highlighting the physical and emotional changes that occur during pregnancy and the development inside the body
- Addresses special health concerns and common complaints
- Highlights diet, exercise, and relaxation techniques that benefit both mother and baby
- Illustrated with detailed photographs, drawings, and diagrams throughout

作者介绍:

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