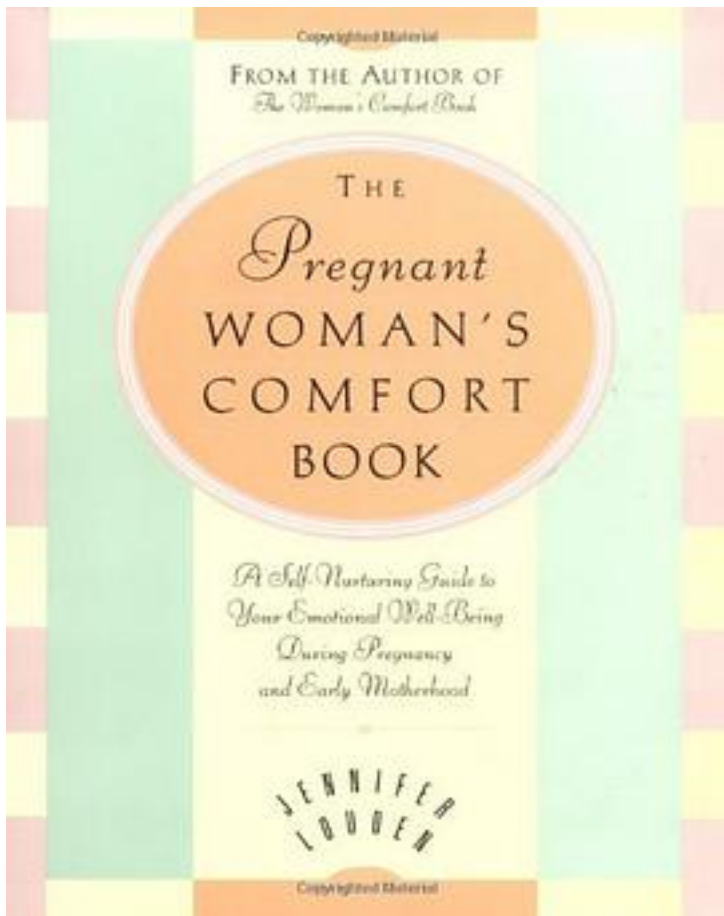


The Pregnant Womans Comfort Book



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著者:Jennifer Loudon

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<p>With the wit, humor, and style that have made her Comfort Book series so popular, new mother Jennifer Loudon brings her expertise to the wonderful world of pregnancy. From the blissful moments to the panic attacks, Loudon guides women through the precarious emotional terrain of pregnancy and early motherhood

with exercises, tips, and advice on a range of subjects including: </p>

your changing body image and self-esteem

fears about your relationship with your partner

a rational approach to eating (and eating and eating)

dream exploration and the creation of a pregnancy comfort journal

the joyous--and chaotic first months of motherhood

<p> </p>

<p>and much more! </p>

<p>This insi</p>

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