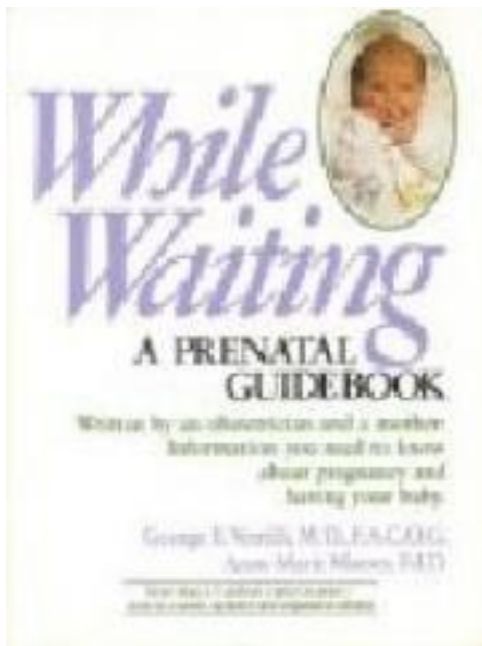


While Waiting



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Book Description Since it was first published in 1981, While Waiting has helped millions of pregnant women understand the physical changes they will undergo. Its clear language, supportive tone, and authoritative information on every aspect of prenatal care, pregnancy, and delivery make it the best pregnancy guide on the market. With sixteen pages added, this new edition covers topics such as: -Questions to ask your care provider -Explanations of medical terms and procedures -Helpful exercises and tips for staying fit and healthy -The latest research on pain relief, prematurity, cesarean delivery, birthing positions, and much more. The book features clear illustrations, record-keeping and note-taking space, and an overall design and organi-zation that makes it simple for anyone to use. --This text refers to the Paperback edition. About the Author George E. Verrilli, M.D., F.A.O.C.G., is

Senior Attending Physician at Northern Dutchess Hospital in Rhinebeck, New York, and a pioneer of family-centered childbirth practices. Anne Marie Mueser, Ed.D., is a writer and former teacher who lives in Clinton Corners, New York. --This text refers to the Paperback edition.

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