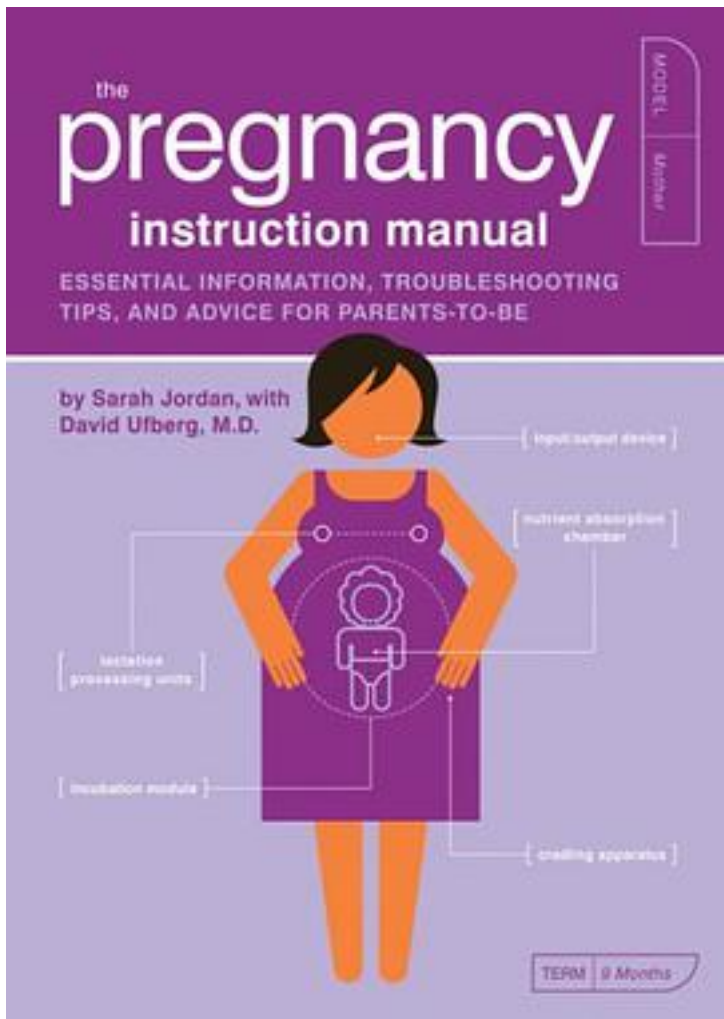


# The Pregnancy Instruction Manual



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Pregnancy is a time of excitement, joy, and no small amount of anxiety. Fortunately,

you don't have to go it alone! The Pregnancy Instruction Manual is a comprehensive yet irreverent guide to everything you need to know, with information and advice on:

Your baby's—and your—growth, trimester by trimester

What to expect from your doctor's visits

The joys of "pregnancy brain" and what to do about it

Separating fact from fiction when it comes to labor and delivery Each chapter is brimming with essential tips for expectant moms and dads and illustrated in the fresh, award-winning visual style that has made our Baby Owner's Manual (more than 350,000 copies sold!) a huge hit with readers everywhere.

作者介绍:

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标签

妊娠指导手册

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