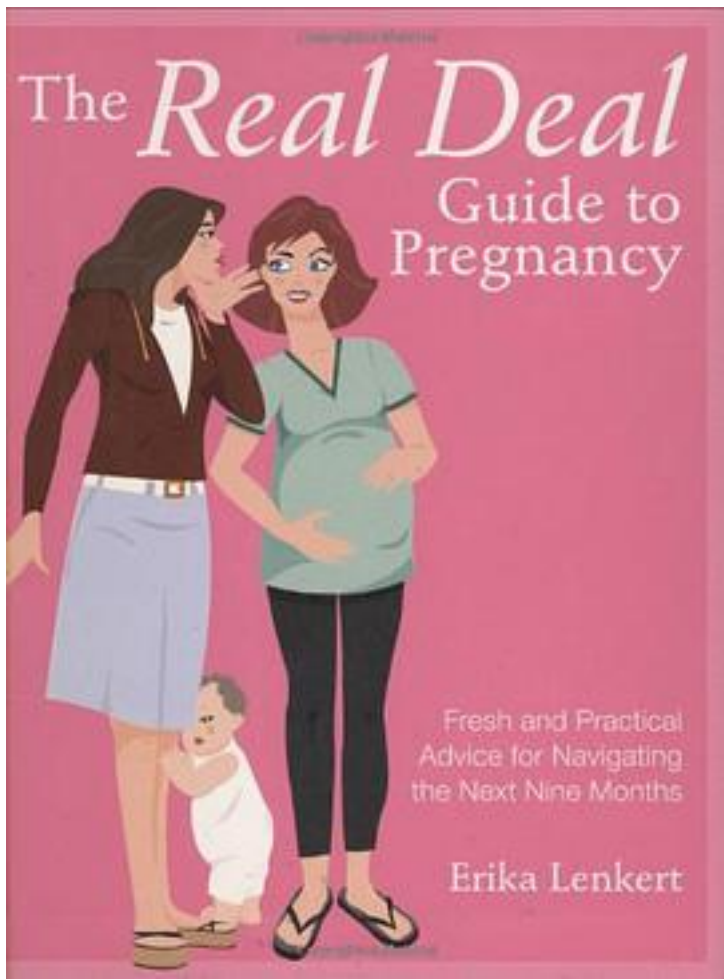


# The Real Deal Guide to Pregnancy



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An alternative to the now 10-year-old Girlfriend's Guide to Pregnancy, this upbeat and cleverly written resource is packed with must- have information and couched in

everyday practicality for the newly pregnant woman. The Real Deal Guide to Pregnancy opens with quick answers to the most-asked questions ("Can I still have my hair highlighted?" "Is it true that hot tubs are off limits?" "What about the champagne I guzzled last week?") and moves into a unique organization of chapters by topic rather than trimester. Each chapter opens with the author's own true-life anecdote, and then eases into clearly laid-out, hardworking information, with tip and fact boxes scattered throughout. The author interviewed 115 moms across the world, of all ages, and includes their experiences herein as well, for the most well-rounded information available on the market today. Finally, the book has been vetted by a professional OB/GYN to ensure the medical know-how is up-to-date and safe. Not only is this book for the four million women that have a baby each year in the United States, but for friends who will buy it for their pregnant friends, and first-time moms looking for quick answers.

作者介绍:

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