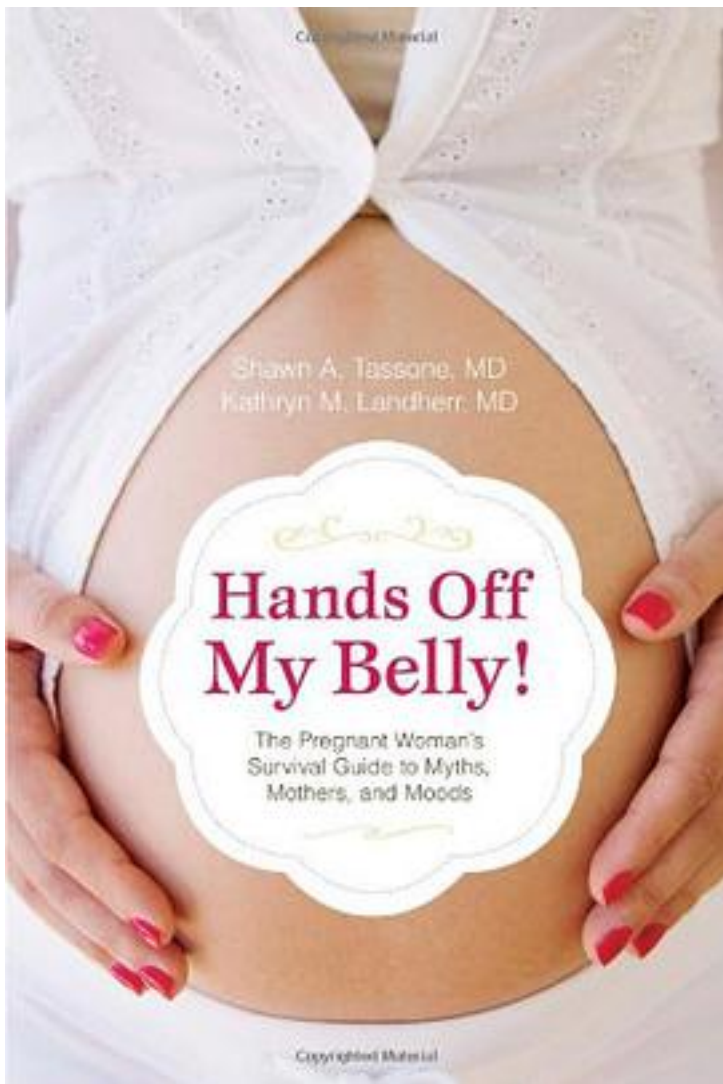# Hands Off My Belly!

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著者:Landherr, Kathryn/ Tassone, Shawn A.

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Expectant mothers are virtual magnets for unsolicited advice. Mothers, grandmothers, aunts, sisters, sisters-in-law, new mothers, friends, and even strangers offer what seems to be an endless supply of supposedly authoritative opinions on every aspect of pregnancy: A craving for spicy food denotes a boy. Carrying the baby low denotes a girl. Besides gender predictions, a pregnant woman is also apt to acquire an earful of advice about miscarriage, dietary habits and cravings, hair growth, weight gain, and childbirth. And, of course, everyone wants to touch her belly. In this engaging, humorous, and very informative book, Drs Shawn A Tassone and Kathryn Landherr - experienced gynaecologists, a husband-and-wife team of physicians, and parents of four children - explore the most common superstitions and myths surrounding pregnancy. From their combined twenty years of work in a clinic, as well as their own parenting experience, the authors review the anecdotes and beliefs, from the slightly unusual to the stranger-than-fiction, and compare them with the scientific evidence. Moving through each stage, from the early weeks of pregnancy to delivery, they examine the legends about diet, gender identification, pre-term labour, the umbilical cord, initiating labour, and the size and movement of the foetus. As they detail the scientific perspective on these varied and often amusing beliefs, the authors not only entertain but provide a great deal of practical information, which will ease the fears and anxieties of expectant parents as well as clear up many confusing notions. If you are pregnant, you owe it to yourself to get this book. Better yet, suggest it as the perfect gift to all those well-meaning advice givers.

作者介绍:

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