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**230 Basic Decisions
for Pregnancy, Birth,
and Baby Care**

In one volume all the facts
you need to help you
resolve your major concerns,
plus names and places you can
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information you want.



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 - Finances
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Wendy and Matthew Lesko

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Alan M. Rees, Judith Janes

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The Maternity Sourcebook Wendy Lesko,1984 **The Maternity Sourcebook** Wendy Lesko,Matthew Lesko,1984-05-01 **The Multiple Pregnancy Sourcebook** Nancy Bowers,2001 In the past 10 years the number of twin births has risen 52 percent and the number of higher order multiples has increased more than 400 percent Written by a perinatal nurse specializing in multiple birth education The Multiple Pregnancy Sourcebook explores the physical financial and emotional challenges of this high risk condition Included is an extensive list of support resources **The High-Risk Pregnancy Sourcebook** Denise M. Chism,1998-05 Helping women understand the special circumstances of high risk pregnancies this informative guide also provides the various methods of enhancing the chances of having a healthy full term baby **The Pregnancy Sourcebook** M. Sara Rosenthal,1999 This book is a complete guide to the changes that occur in a woman s body during and after pregnancy Rosenthal explores the symptoms and potential problems of each trimester as well as high risk pregnancies multiple pregnancies miscarriages and ectopic pregnancies This newly revised edition contains expanded information on premature delivery fitness and exercise finding good prenatal care and birthing facilities and postpartum health **Pregnancy and Birth Sourcebook** Amy L. Sutton,2009 Pregnancy and Birth Sourcebook Third Edition provides health information about the reproductive process from preconception through the postpartum period It provides information about fertility infertility and pregnancy prevention the book s chapters explain the physical and emotional changes that occur during pregnancy and they discuss topics related to staying healthy during pregnancy including eating nutritiously exercising regularly obtaining prenatal care and avoiding harmful substances Facts about high risk pregnancies such as those in women with chronic medical conditions adv **The Consumer Health Information Source Book** Alan M. Rees,Jodith Janes,1984 How can an award winning source book that helps consumers find health information be improved Health expert Alan Rees has done just that in his sixth edition by providing practical advice on using the Internet tips on where to find Spanish language health pamphlets and recommendations on what s most important in the world of alternative medicine The sixth edition provides users with an annotated guide to health related resources hotlines newsletters pamphlets Web sites CD ROMS magazines books and more Readers are given a description on each resource and how to best use it **Easing Labor Pain** Adrienne Lieberman,1992-05-16 Reassuring guide for expectant mothers to wide range of pain control options **The Mother of All Pregnancy Books** Ann Douglas,2011-06-15 If you re looking for the inside scoop on what it s really like to have a baby you ve come to the right place This comprehensive guide features a friendly fresh and fun approach to the greatest adventure life has to offer Based on the best advice from over 100 Canadian parents and panel of experts this information is served up with a uniquely Canadian spin The Mother of All Pregnancy Books is funny entertaining and packed with tons of nuts and bolts information and presents expectant parents with all the facts on such perennial hot topics as pain relief during labor episiotomy and circumcision empowering them to make informed

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