

[PDF] Great Expectations: Your All-in-One Resource For Pregnancy & Childbirth

Sandy Jones, Marcie Jones - pdf download free book

Books Details:

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Description:

Review A consumer-friendly book filled with great women's quotes, helpful information and tips for pregnant women and new families. -- *Maureen Corry, Executive Director, Maternity Center Association*

Emotions, physical changes, lifestyle changes, baby development, it's all there. Get ready: It will get dog-eared from all your reading. -- *Peg Moline, Editor-in-Chief, Fit Pregnancy*

Fun, readable and full of good information. Helps to make the normal discomforts of pregnancy worth the bother! -- *Sharon Schindler Rising, MSN, CNM, FACNM, Founder and Executive Director,*

The Centering Pregnancy & Parenting Association

Should be on everyone's recommended reading list! If you read only one book during your pregnancy, this MUST be it. -- *Connie Livingston BS, RN, FACCE, CD(DONA), CCCE, CLD, Birthsource.com*

The style of writing is clear, warm and very supportive. The breadth is terrific. A great reference for any question. -- *Ann Stadtler, MSN, CPNP, Director of the Brazelton Touchpoint Center at The Children's Hospital, Boston*

From the Publisher Highly praised by childbirth educators, GREAT EXPECTATIONS: YOUR ALL-IN-ONE RESOURCE FOR PREGNANCY & CHILDBIRTH has been expressly created for the intelligent, inquisitive woman who is seeking sound, research-based guidance, and practical advice about childbearing. It's designed to help readers keep on top of the complexities of medical, physical, emotional, and psychological experiences of this important life transition. The book allows them to rapidly navigate thousands of topics using its 150 "quick-reference" tables, bulleted sections, page-by-page headers, and detailed index. It collects all of the most critical new findings from hundreds recent obstetrical studies into one easy-to-read volume, presenting them as "flash facts" to help readers make informed choices using lists of proven benefits and risks for common tests and procedures. This notable, woman-centered volume also offers detailed information on genetic and glucose tolerance tests, labor augmentation and induction, elective cesarean sections, epidurals and other common tests and procedures. The book's low, affordable price makes it an excellent resource in the pregnancy field for parents-to-be, libraries, and for nursing students, childbirth educators, and organizations concerned with improving family life.

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