



## What to Expect When You re Expecting (Paperback)

By Heidi Murkoff

Workman Publishing, 2016. Paperback. Condition: New. 5th Revised ed.. Language: English . Brand New Book. A completely revised and updated edition of America s pregnancy bible, the longest-running New York Times bestseller ever. With 18.5 million copies in print, What to Expect When You re Expecting is read by 93 of women who read a pregnancy book and was named one of the Most Influential Books of the Last 25 Years by USA Today. This cover-to-cover (including the cover!) new edition is filled with must-have information, advice, insight, and tips for a new generation of moms and dads. With What to Expect s trademark warmth, empathy, and humor, it answers every conceivable question expecting parents could have, including dozens of new ones based on the ever-changing pregnancy and birthing practices and choices they face. Advice for dads is fully integrated throughout the book. All medical coverage is completely updated, including the latest on Zika virus, prenatal screening, and the safety of medications during pregnancy, as well as a brand-new section on postpartum birth control. Current lifestyle trends are incorporated, too: juice bars, raw diets, e-cigarettes, push presents, baby bump posting, the lowdown on omega-3 fatty acids, grass-fed and organic, health...



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