



The Mother of All Pregnancy Books 3rd Edition: An All-Canadian Guide to Conception, Birth and Everything in Between

Ann Douglas

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Whether you're an expectant parent or you're just thinking about it, this comprehensive guide features a non-bossy, fresh and fun approach to the greatest adventure life has to offer. Based on the best advice from over one hundred Canadian parents, this information is served up with a uniquely Canadian spin.

Never one to shy away from the tough topics, Ann Douglas addresses the concerns that all would-be parents have when facing pregnancy. With over 225,000 "Mother of All" books sold in Canada alone, Ann serves the inside scoop on what it's really like to have a baby--the straight goods on preparing your body for pregnancy; practical advice on how to increase your chances of conceiving quickly; the top ten worries for each trimester--with a hefty dose of reassurance. With a glossary of pregnancy- and birth-related terms and a sneak-peek at life after Baby, this is the manual for those looking for real-world advice to help them from conception to birth, and all that goes between!

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