



The Simple Guide to Having a Baby: A Step-by-Step Illustrated Guide to Pregnancy & Childbirth

Penny Simkin, Janet Whalley, Ann Keppler

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This just-the-facts guide to pregnancy and childbirth is for all expectant parents who simply want the most important information about pregnancy, childbirth, postpartum and new baby care. The book includes all the important "do's" and "don'ts" for a healthy successful pregnancy and birth, including information on nutrition, exercise, labor & delivery and how to take care of a newborn.

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