



## Your First Pregnancy: An Essential Guide

By Jo Johnson

Need2Know. Paperback. Book Condition: new. BRAND NEW, Your First Pregnancy: An Essential Guide, Jo Johnson, Congratulations on your forthcoming or current pregnancy! Your body, mind and lifestyle are about to undergo many changes, each of them helping your baby's development in preparation for being born. Your First Pregnancy - An Essential Guide, will assist you through this magnificent journey, answering all the questions you didn't know existed until now. Using expert advice and the latest research, this book will guide you through the next nine months (and beyond) covering your entire pregnancy from ceasing contraception and conception to settling in with your newborn. With chapters dedicated to those expecting more than one baby and a whole section written especially for dads-to-be, no avenue of your pregnancy is left unexplored. If you are looking to the future or are already expecting your first child, this book will give you a head-start on parenting.



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