



What to Expect When You're Expecting

Arlene Eisenberg, Heidi E. Murkoff, Sandee E. Hathaway

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We're expecting again! Announcing the COMPLETELY REVISED AND UPDATED THIRD EDITION of this bestselling pregnancy book, WHAT TO EXPECT WHEN YOU'RE EXPECTING. Two years in the making, it's a cover-to-cover, chapter-by-chapter, line-by-line revision and update. Everything that the original did - and did extraordinarily well with ten million copies in print - the THIRD EDITION does better. Incorporating the most recent developments in medicine and responding to the many queries and letters received from readers, the book contains both the most accurate information available and, even more importantly, is the most reader-friendly. The THIRD EDITION includes more information on working while pregnant, more in-depth coverage of complementary and alternative birthing techniques and greater attention is paid to pre-conception, alternative families, second pregnancies, the role of the father and lifestyle. There's a completely new look at the Best-Odds diet, which is better suited to the needs of busier women with less time. All-new black and white illustrations give this classic a fresh, new look.

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