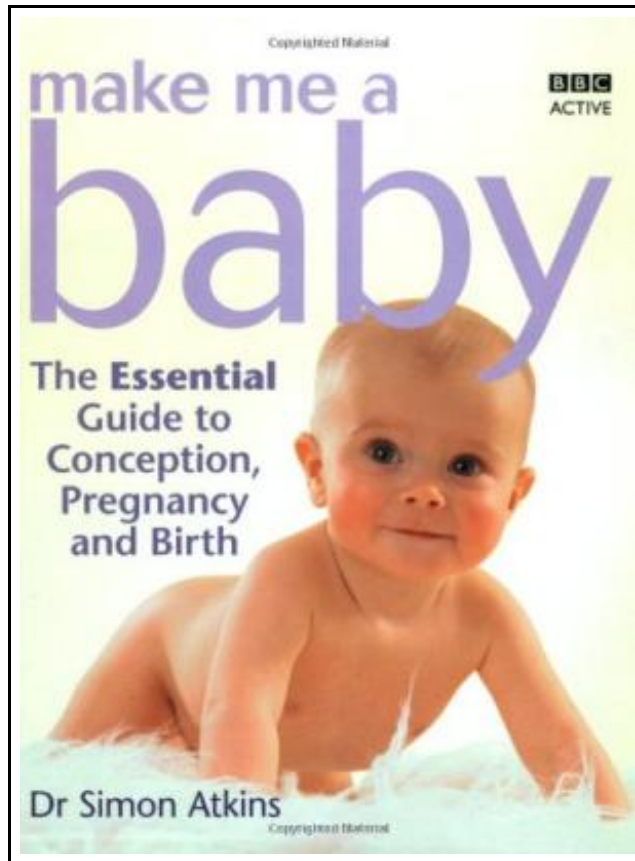


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MAKE ME A BABY: THE ESSENTIAL GUIDE TO CONCEPTION, PREGNANCY AND BIRTH



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Pearson Education Limited. Paperback. Book Condition: new. BRAND NEW, Make Me a Baby: The Essential Guide to Conception, Pregnancy and Birth, Cecilia Pyper, Simon Atkins, The only guide you'll ever need to everything you'll ever want to know about conception, pregnancy and birth. In this groundbreaking new book, Dr Simon Atkins unravels the science and presents the latest and most reliable evidence for making babies, having babies and taking them home. Published to tie in with the TV series 'Make Me a Baby', Dr Atkins will enable you to sort the facts from the fiction on the best routes to successful conception. With a step-by-step guide through pregnancy and birth you'll know exactly what to expect at every stage and Dr Atkins' honest and down-to-earth advice will ensure you are perfectly placed to make informed choices in your own and your baby's best interest. Discover the best time for sex for conception. Understand how stress, smoking, drinking and other lifestyle factors may impact on your ability to conceive. Learn how to maintain a healthy pregnancy through the first, second and third trimesters. Find out how to prepare for birth, what to expect during the birth and what will happen during the first few weeks after you return home. Specially commissioned, unique photography will illustrate every stage of foetal development so you will know how baby is developing and what is happening inside your body. * An authoritative, comprehensive and fascinating guide to conception, pregnancy and birth.* Unravelling the science and busting the myths to offer you the most up-to-date and scientifically accurate facts on conception, pregnancy and birth.* What to expect in all three trimesters of pregnancy. * Learn how lifestyle factors such as alcohol, sex, stress and body image may affect conception and pregnancy. * Includes advice on preparing...

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