



# What to Expect When You're Expecting

By Sharon Mazel, Heidi Murkoff

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Announcing a brand new, cover-to-cover revision of America's pregnancy bible. *What to Expect When You're Expecting* is a perennial New York Times bestseller and one of USA Today's 25 most influential books of the past 25 years. It's read by more than 90% of pregnant women who read a pregnancy book—the most iconic, must-have book for parents-to-be, with over 14.5 million copies in print.

Now comes the Fourth Edition, a new book for a new generation of expectant moms—featuring a new look, a fresh perspective, and a friendlier-than-ever voice. It's filled with the most up-to-date information reflecting not only what's new in pregnancy, but what's relevant to pregnant women. Heidi Murkoff has rewritten every section of the book, answering dozens of new questions and including loads of new asked-for material, such as a detailed week-by-week fetal development section in each of the monthly chapters, an expanded chapter on pre-conception, and a brand new one on carrying multiples. More comprehensive, reassuring, and empathetic than ever, the Fourth Edition incorporates the most recent developments in obstetrics and addresses the most current lifestyle trends (from tattooing and belly piercing to Botox and aromatherapy). There's more than ever on pregnancy matters practical (including an expanded section on workplace concerns), physical (with more symptoms, more solutions), emotional (more advice on riding the mood roller coaster), nutritional (from low-carb to vegan, from junk food-dependent to caffeine-addicted), and sexual (what's hot and what's not in pregnant lovemaking), as well as as much more support for that very important partner in parenting, the dad-to-be.

Overflowing with tips, helpful hints, and humor (a pregnant woman's best friend), this new edition is more accessible and easier to use than ever before. It's everything parents-to-be have come to expect from *What to Expect*...only better?.

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## What to Expect When You're Expecting By Sharon Mazel, Heidi Murkoff Bibliography

- Sales Rank: #1165972 in Books
- Brand: Workman Publishing Company
- Published on: 2002-02-01
- Original language: English
- Number of items: 1
- Dimensions: 9.25" h x 1.49" w x 6.19" l,
- Binding: Hardcover
- 624 pages

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## **Editorial Review**

### **Amazon.com Review**

Eighteen years after it first hit the shelves and having sold more than 10 million copies, *What to Expect When You're Expecting* is still on nearly every mother-to-be's reading list. This completely revised and updated edition is packed with answers to hundreds of questions and worries expectant parents may have. The information is presented in a month-by-month format starting with planning a pregnancy and choosing a practitioner, and follows through to six weeks after delivery. Each chapter begins with an explanation of what to expect at a particular month's prenatal visit and a brief description of how mom and baby are growing and changing before getting to the heart of the matter: What You May Be Concerned About. Topics are presented as questions ranging from "Should I be taking vitamins?" to "What if I forget everything I learn in childbirth education class?" to "Will I be able to breastfeed?" The answers are generally reassuring and provide enough information to soothe a worried mom between prenatal visits. Despite the reassuring answers, however, the sheer volume of worries discussed may alarm an otherwise calm mom-to-be.

The book also features a complete nutrition plan (though many women may find it difficult to follow), a special chapter just for expectant dads, and extensive information about dealing with minor illnesses, chronic conditions, and pregnancy complications. *What to Expect* has guided countless women through their pregnancies and makes an informative addition to the mainstream pregnancy and childbirth bookshelf. --  
*Jennifer Lindsay*

### **From Publishers Weekly**

This revised third edition of the popular pregnancy guide offers the authoritative yet reassuring advice that parents have come to rely on from all the titles in the What to Expect series. The book is arranged by month, from pregnancy test through labor and delivery. Each section offers answers to frequently asked questions, along with features such as "What You May Be Feeling" and "What You May Be Concerned About." Every imaginable issue is addressed, including the small but nagging subjects that women may not want to discuss with their doctors, such as how their bodies will look at seven months, or why some pregnant women "glow" while others have acne. While readers who already own this book won't have to rush to buy the new edition, the revised volume does offer a number of excellent expanded sections and illustrations, including a more detailed discussion of postpartum depression. There are also new illustrations and more text on breastfeeding, with diagrams showing different feeding positions. The travel section offers specific suggestions for "jettisoning jet lag" in addition to standard advice on traveling while pregnant. This book remains an indispensable guide for pregnant women and their partners.

### **From Library Journal**

First published in 1984, this has become the favorite resource of pregnant women. Written by Arlene Eisenberg, who died last year, and her daughters Heidi Murkoff and Sandee Hathaway, this third edition is completely revised and updated. The woman on the cover still sits in a rocking chair, but she now wears pants, clogs, and a fashionable haircut. Inside, readers will find completely new illustrations and 175 additional pages. The most current information about birthing options, nutrition, changes in appearance, choosing healthcare practitioners, and multiple births is here, along with new in-depth coverage of complementary and alternative medical therapies, postpartum depression, dealing with managed care, and working while pregnant. The authors also discuss subsequent pregnancies and offer an expanded section on the father's role. The book retains its user-friendly accessible question-and-answer format. Planning for conception, a month-by-month guide to pregnancy, the postpartum period, and special concerns such as

illness, chronic conditions, complications and pregnancy loss receive thorough treatment. An appendix features common tests, nondrug treatments, calorie and fat requirements and resources. Better than ever, still a classic, and a fitting memorial to Eisenberg, this new edition is highly recommended for all collections (Not everyone is a fan: Naomi Wolfe's *Misconceptions* and Sandra Steingraber's *Having Faith* are a bit critical of the book's cheery attitude.

*Ed.) Barbara M. Bibel, Oakland P.L.*

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## **Users Review**

### **From reader reviews:**

#### **Diane Williams:**

Have you spare time for just a day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a stroll, shopping, or went to often the Mall. How about open or even read a book called *What to Expect When You're Expecting*? Maybe it is being best activity for you. You recognize beside you can spend your time with your favorite's book, you can cleverer than before. Do you agree with it has the opinion or you have various other opinion?

#### **Rosemary Till:**

This book untitled *What to Expect When You're Expecting* to be one of several books that best seller in this year, here is because when you read this guide you can get a lot of benefit into it. You will easily to buy this particular book in the book retailer or you can order it by using online. The publisher of this book sells the e-book too. It makes you easier to read this book, since you can read this book in your Smartphone. So there is no reason for you to past this publication from your list.

#### **Michael Canton:**

Reading a publication can be one of a lot of pastime that everyone in the world adores. Do you like reading book thus. There are a lot of reasons why people enjoyed. First reading a book will give you a lot of new info. When you read a guide you will get new information because book is one of many ways to share the information or maybe their idea. Second, reading through a book will make anyone more imaginative. When you studying a book especially fictional book the author will bring one to imagine the story how the character types do it anything. Third, it is possible to share your knowledge to some others. When you read this *What to Expect When You're Expecting*, you may tells your family, friends in addition to soon about yours publication. Your knowledge can inspire average, make them reading a reserve.

#### **Paul Kindig:**

Some people said that they feel fed up when they reading a book. They are directly felt the item when they get a half areas of the book. You can choose often the book *What to Expect When You're Expecting* to make your current reading is interesting. Your personal skill of reading skill is developing when you like reading.

Try to choose simple book to make you enjoy to learn it and mingle the opinion about book and reading through especially. It is to be initial opinion for you to like to start a book and learn it. Beside that the reserve What to Expect When You're Expecting can to be your friend when you're truly feel alone and confuse using what must you're doing of their time.

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