



## Have A Happy Pregnancy: Teach Yourself

By Denise Tiran

Hodder Stoughton General Division, United Kingdom, 2011. Paperback. Book Condition: New. Reprint. 196 x 128 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Have a Happy Pregnancy is a comprehensive guide not only to what to expect and when to expect it, but also to developing a confident, assertive and empowered approach to your pregnancy and your life as a new parent. Divided into sections covering early days pre- and post-conception, the pregnancy and the birth, it will explain all the facts and outline all the choices available to mothers, fathers and birth partners at every stage. It will also offer practical advice and reassurance on the changes which will inevitably be taking place - not only physically, but also emotionally and socially. It offers support for both mother and father, and uniquely gives you all the information you need to know after the birth, including strategies for feeding and how to cope with the return to work. With plenty of supporting resources and a supportive tone throughout, it will help you to feel positive and confident about your pregnancy. NOT GOT MUCH TIME? One, five and ten-minute introductions to key principles to get you started. AUTHOR...

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