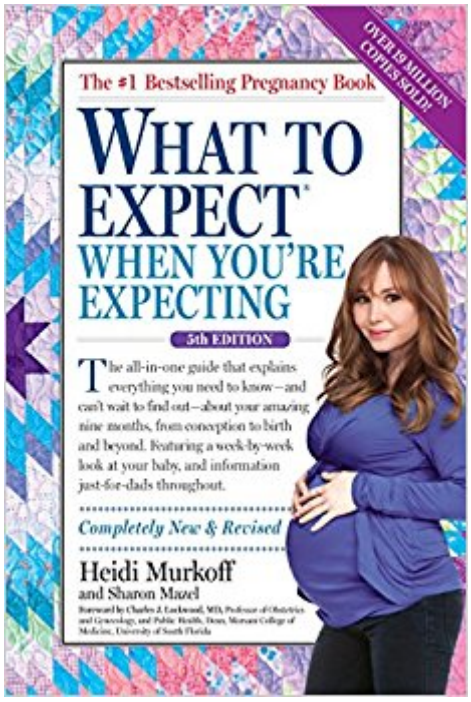
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What To Expect When You're Expecting (What To Expect (Workman Publishing))



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Synopsis

A completely revised and updated edition of AmericaÃ¢â ¬â„¢s pregnancy bible, the longest-running New York Times bestseller ever. With 18.5 million copies in print, What to Expect When YouÃ¢â ¬â„¢re Expecting is read by 93% of women who read a pregnancy book and was named one of the Ã¢â ¬Å“Most Influential Books of the Last 25 YearsÃ¢â ¬Â• by USA Today. This cover-to-cover (including the cover!) new edition is filled with must-have information, advice, insight, and tips for a new generation of moms and dads. With What to ExpectÃ¢â ¬â„¢s trademark warmth, empathy, and humor, it answers every conceivable question expecting parents could have, including dozens of new ones based on the ever-changing pregnancy and birthing practices and choices they face. Advice for dads is fully integrated throughout the book. All medical coverage is completely updated, including the latest on Zika virus, prenatal screening, and the safety of medications during pregnancy, as well as a brand-new section on postpartum birth control. Current lifestyle trends are incorporated, too: juice bars, raw diets, e-cigarettes, push presents, baby bump posting, the lowdown on omega-3 fatty acids, grass-fed and organic, health food fads, and GMOs. Plus expanded coverage of IVF pregnancy, multiple pregnancies, breastfeeding while pregnant, water and home births, and cesarean trends (including VBACs and Ã¢â ¬Å“gentle cesareansÃ¢â ¬Â•). Ã Â

Book Information

Series: What to Expect (Workman Publishing)

Hardcover: 656 pages

Publisher: Workman Publishing Company; 5 edition (May 31, 2016)

Language: English

ISBN-10: 0761189246

ISBN-13: 978-0761189244

Product Dimensions: 6 x 1.7 x 9.1 inches

Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 3,996 customer reviews

Best Sellers Rank: #22,434 in Books (See Top 100 in Books) #61 inÃ Â Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #127 inÃ Â Books > Parenting & Relationships > Parenting > Early Childhood

Customer Reviews

Heidi Murkoff is the author of the What to ExpectÃ Â® series of pregnancy and parenting books

with over 38 million copies in print. She is also the creator of WhatToExpect.com and the WhatToExpect app, which reach over 18 million expecting and new parents, and the What to Expect Foundation, a nonprofit organization dedicated to helping at-risk moms around the world expect healthier pregnancies, safer deliveries, and healthy, happy babies.

I just read this book cover to cover. No, seriously. And man, am I glad I was not pregnant at the time.This is far from the first pregnancy/childbirth/parenting book I've ever read. I'm a health and research nut, and a librarian, so I do a lot of research and reading before I do anything. I try to consult a variety of sources from different viewpoints. Since this is the #1 most-recommended pregnancy book, I figured I might as well read this one too and see what all the fuss is about. I have yet to figure it out.1) The main issue I have with this book is the clear lack of research that went into it. There are absolutely ZERO references in the entire book (and it is a beast of a book). The author's credentials also seem to be limited to a) she's a mom, and b) she is the author of this book. Yet she spouts "knowledge" and information like it's gospel. The forward is written by an esteemed OB/GYN, and I can see why he endorses the book, which I will point out below, but as for any type of verified medical or research-based advice, that is it. She tells you exactly what to do, but offers nothing in the way of an explanation about why you should do it. Oh, she says "Do this because . . . ." and "Studies show . . . " but gives no names or authors of those studies so that you can check it out for yourself. Maybe that works for some people, but not for me. I need more than the word of one woman who happened to have two children and write a book about it.2) This book perpetuates (possibly unintentionally) an increasingly disturbing (and increasingly outdated) "medical management" view of pregnancy and childbirth. The author repeatedly tells you not to worry about your pregnancy, but goes on to list the MYRIAD ways something could very possibly go wrong if you don't exactly follow her advice. There's nothing wrong with being aware of the various pregnancy complications, but the tone of this book is very "Do absolutely everything your practitioner says and don't worry your pretty little head." Every single question is answered with "Ask your practitioner." There is a section near the beginning about making sure you have a practitioner whom you like and respect, but basically, as long as you find someone you're socially compatible with, that person's word is it. Especially during the childbirth section, she describes the various medical interventions as inevitable, doesn't discuss the reasons WHY such procedures are performed, doesn't cite studies about how effective or ineffective they are, doesn't mention or explain informed consent AT ALL (I mean, if your practitioner ordered it, don't ask questions, just go with it), and shows a strong bias for OB/GYNs, hospital births, C-sections (after all, almost one-third

of women in the U.S. give birth that way -- don’t you want to as well?), and all the pain-relief drugs you can get your (and your baby’s, I might add) hands on. Again, there is nothing wrong with choosing an OB/GYN, a hospital birth, or pain-relief drugs -- but women deserve to have all of their options (and studies demonstrating the pros and cons thereof) laid out for them without scaring them into just doing everything their practitioner says. Again, I can see why the author of the forward endorses this book and it’s routinely handed out at prenatal appointments: it begets compliant patients who don’t ask questions. God forbid you be "difficult" when someone is just trying to help you have a healthy baby!3) The lack of alternative viewpoints is astounding. Obviously every pregnancy/childbirth book has its own ideology, but for a book that claims to include everything you need to know about pregnancy and childbirth, it should not take a one-size-fits-all approach. So many women only ever read this book and aren’t even aware that other philosophies (with actual research to back them up) exist.Times are changing. More and more women want to take research- and evidence-based approaches to something as important as conceiving, carrying, and giving birth to their children. Blind faith in the medical profession is no longer the norm. This book is an outdated remnant of a dangerous and uninformed past --giving it to every pregnant woman just prolongs the torture (and those compliant patients everyone seems to want).

What to Expect When You’re ExpectingÃ Â This is a wonderful book to have if you are expecting your first child. It makes a great gift if you are looking for something to give the newly expectant parents. I purchased this book 20 years ago when I was expecting my daughter and now we purchased a new edition for her as she awaits the arrival of her daughter early next year. The information in this book is invaluable for new parents. It walks you through the many stages of pregnancy through birth with real life examples of what’s going on both inside mom’s body with her growing little one as well as what to expect from everything else parents have to experience. It is written with clear, simple language and is very entertaining as well as practical. It makes the journey a little less scary for someone who has never been there. My daughter refers to this book almost every day to find out just what’s going on and it has also helped her to be more informed when she sees her OB. I wore my copy out and my daughter is doing the same with hers.

It’s a good and informative book....if you were home schooled, or never attended a sex education or health class in school, or were clueless about how you got pregnant, or had never been to an ob/gyn before. Most of the stuff I already knew and I found myself skipping entire chapters, or skipping chapters because they didn’t apply to me (make a separate IVF book already) and was just

hoping for something my inquisitive, likes to read Wikipedia for fun mind would like to learn that I didn't already know. But alas...

When I was searching for answers and became overwhelmed by the internet, I turned toÃ Â What to Expect When You're Expecting. Heidi seems to have ALL of the answers! It's almost as if she was reading my mind some days.I loved this book due to the awesomely thorough glossary. Her chapters begin with what you should be expecting at any point in your pregnancy and she even describes what your OB/GYN visits will probably include.This book helped relieve a lot of anxiety for me. It's a great read for any first-time mom! When I have my second child, I will most likely refer to it just as much as I did the first time!

I found this book to be very informative. I am entering my third trimester and it has been pretty spot on with everything. It's an easy read and I always look forward to reading what is coming next. I highly recommend this book for new mamas. There is A LOT of information in here but I am the type of person who wants all the details so it worked for me. I highly recommend this book!

I ordered this for my son and his wife when they were expecting. THey told me that it taught them alot on what to expect. I also got more books on different topics of pregnancy which they enjoyed all through their 9 months. I wish these were around when I had my first child.What to Expect When You're Expecting

Got this for a friend that is expecting, I had this bought for me when I was pregnant and it was a lifesaver! It has amazing information and it's soo helpful in what to expect during pregnancy. At a price like this it's stupid to not have it if you're expecting. Definitely makes a great gift!

A tried and true book for every expectant mother. I've bought many of these books over the years for friends and family who are expecting. It has tons of great information. It was recommended to me by my OB years ago and is still the go-to book for expectant mothers.

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What to Expect: Eating Well When You’re Expecting What to Expect Before You’re Expecting YouÃ¢â ¬â„¢re Going To Be Grandparents. First New Born, Audio bonus: What to Expect When You’re Expecting, Telling Your Parent (Grandparent Series) What He Can Expect When She’s Not Expecting: How to Support Your Wife, Save Your Marriage, and Conquer Infertility! Pregnancy Week by Week: Guide to Healthy Pregnancy of What to Expect When Expecting for First Time Moms What to Expect When No One’s Expecting: America’s Coming Demographic Disaster KINDLE PUBLISHING: How To Build A Successful Self-Publishing Business With Kindle and Createspace. A Detailed, Step-By-Step Guide To The Entire Process (Kindle Publishing Series Book 1) What to Expect When Mommy’s Having a Baby (What to Expect Kids) What to Expect at Preschool (What to Expect Kids) Flowers 2015 Gallery Calendar (Workman Gallery Calendar) The Cake Mix Doctor’s Icing On the Cake: 30 Fabulous Frostings and Glorious Glazes, Icings, Drizzles, and One Perfect Ganache: A Workman Short The Worry Trick: How Your Brain Tricks You into Expecting the Worst and What You Can Do About It How to Exercise When You’re Expecting: For the 9 Months of Pregnancy and the 5 Months It Takes to Get Your Best Body Ba ck Sex & Pregnancy 411: Everything You Wanted To Know About Sex While Pregnant, But Were Afraid to Ask! Bonus: Plus Extra Advice On Exercise, Travel And Work! ... Excerpt From the Best-Seller, Expecting 411 Expecting and Exercise: All you need to know about prenatal weight training

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