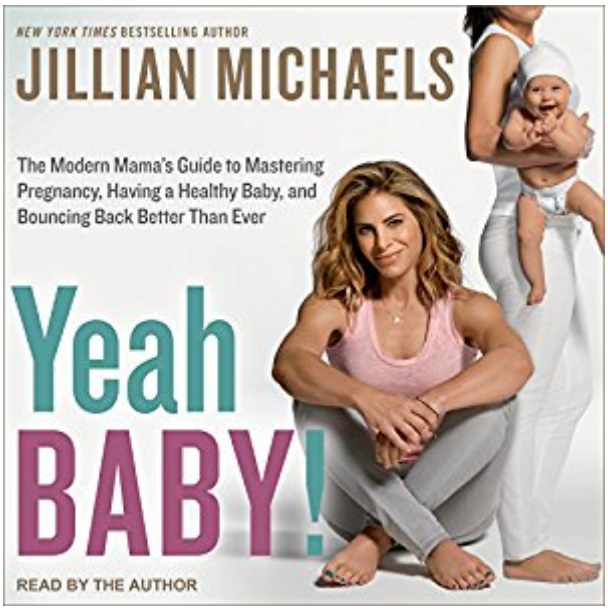
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Yeah Baby!: The Modern Mama's Guide To Mastering Pregnancy, Having A Healthy Baby, And Bouncing Back Better Than Ever



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Synopsis

You know Jillian Michaels as the world’s leading fitness expert and a renowned nutritionist, but she’s also a proud mother of two. In Yeah Baby!, Jillian, along with her team of top-notch experts, will change everything you think you know about pregnancy, arming you with the most cutting-edge information available, so you can make the right choices for you and your little one. They will help you navigate the hidden dangers in your immediate environment; understand the check-ups, tests, and treatments your doctor recommends; and provide powerful solutions for all your issues, from heartburn and swollen feet to more serious medical concerns. You will also learn how to optimize every facet of your child’s development, from IQ and long-term earning potential to future level of physical fitness and even taste preferences. Yeah Baby! also features a complete meal plan with delicious, nutrition-packed recipes, and a one-of-a-kind, trimester-specific fitness program, to ensure you bounce back stronger and better than ever.

Book Information

Audible Audio Edition
Listening Length: 10 hoursÃ Â andÃ Â 24 minutes
Program Type: Audiobook
Version: Unabridged
Publisher: Tantor Audio
Audible.com Release Date: May 16, 2017
Language: English
ASIN: B071RY1DW5
Best Sellers Rank: #112 inÃ Â Books > Audible Audiobooks > Health, Mind & Body > Health #165 inÃ Â Books > Health, Fitness & Dieting > Women’s Health > Pregnancy & Childbirth #175 inÃ Â Books > Parenting & Relationships > Family Relationships > Motherhood

Customer Reviews

Bought this book solely for the workout routines and was not disappointed. I was tired of all the other baby books which just give you one or two exercises to try per month. I wanted a book that gave me a full body workout with variety and appropriate for each trimester. Jillian Michaels delivered. This book has a full calendar of workouts - each week of pregnancy has four workouts. The workouts take about 50 minutes (for me), and require basic weights (4 - 10 lb), a physio ball, and a yoga mat. This is exactly what I wanted and needed. I’ll admit, as a cross-fitter and a runner (had to give both up a bit before pregnancy for other reasons), I was a bit worried that the workouts

wouldn’t be challenging enough, but I found them to be just right.A bonus is Jillian’s fun sense of humor and her own personal journal with her partner’s pregnancy. Adds a levity and intimate component missing in other pregnancy books.

Very good and fun read. I love Jillian and was happy to get this book. It was helpful to read through the nutrition information and she provides a lot of overall health advice through her use of expert references. What I love about Jillian is that she can advise and give an opinion without making you feel judged or inferior. Overall, great book and I would recommend if you are into fitness, health, and reducing exposure to household and food chemicals.

This is my second child after a 22 year beak. :) I think this is the best maternity book out there, is current and full of helpful tips. Even with my short attention span, I could stay engaged, so much so that it was hard to put it down. I’m so glad I got it, I highly recommend it!

I love Jillian! I can’t say enough good things about her! This is a great book ! I recommend it !!

I learned a lot about nutrition, exercise, and some old school myths. I keep revisiting certain parts as I continue in my pregnancy.

The book is so beautifully put together! I haven’t had time to dig into all of the chapters just yet, but I can tell it’s going to be a very helpful book in my journey to pregnancy.

Great book on time!

nice product

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