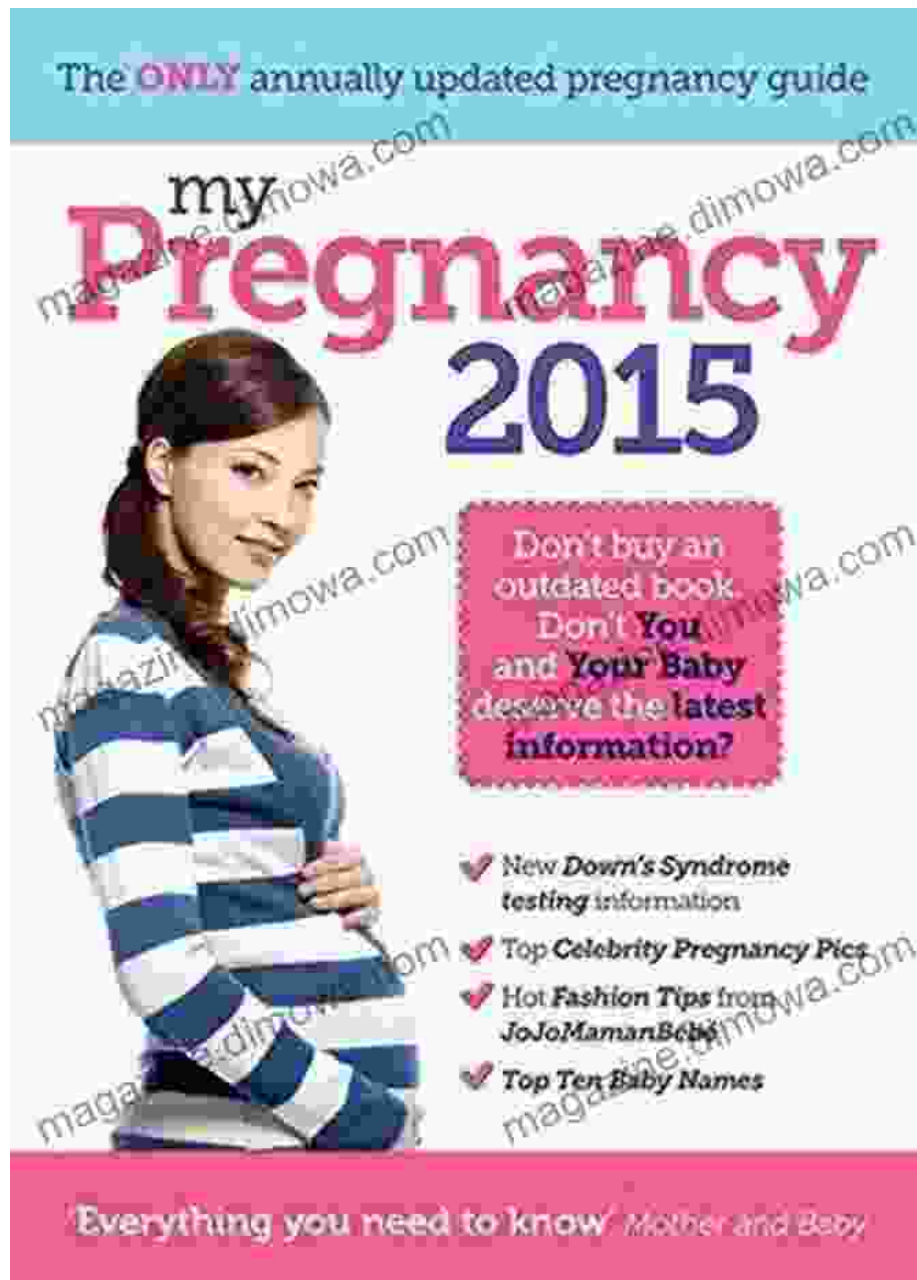


My First Pregnancy: The Ultimate Guide for Expecting Mothers



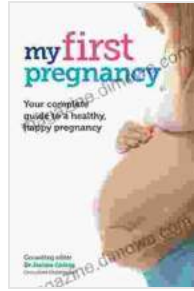
My First Pregnancy by Joanna Girling

★★★★☆ 4.6 out of 5

Language : English

File size : 969 KB

Text-to-Speech : Enabled



Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 267 pages
Item Weight	: 1.1 pounds
Dimensions	: 9.37 x 6.61 x 0.71 inches



Congratulations on your pregnancy! This is an exciting and transformative time in your life, and it's important to be well-informed about what to expect. *My First Pregnancy* by Joanna Girling is the ultimate guide for expecting mothers, providing expert advice on everything from conception to birth.

With detailed illustrations and easy-to-follow instructions, this book covers all aspects of pregnancy, including:

- Nutrition and exercise
- Common ailments
- Labor and delivery
- Postpartum care

My First Pregnancy is also packed with helpful tips and advice from other mothers, so you can feel confident that you're getting the best possible care.

Whether you're a first-time mom or you're looking for a refresher, *My First Pregnancy* is the essential guide for a healthy and happy pregnancy.

About the Author

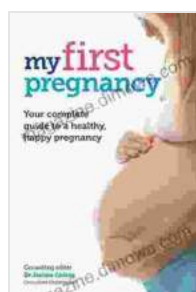
Joanna Girling is a registered nurse and midwife with over 20 years of experience. She is the author of several books on pregnancy and childbirth, including *My First Pregnancy*, *The Pregnancy Week by Week*, and *The Labor and Delivery Handbook*.

Joanna is a passionate advocate for women's health, and she believes that all women should have access to the best possible care during pregnancy and childbirth.

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My First Pregnancy by Joanna Girling

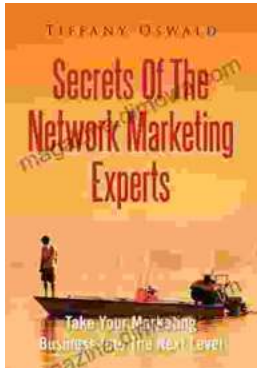
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