

## [Books] Im Pregnant Lesley Regan

If you ally obsession such a referred **im pregnant lesley regan** book that will find the money for you worth, get the very best seller from us currently from several preferred authors. If you want to funny books, lots of novels, tale, jokes, and more fictions collections are plus launched, from best seller to one of the most current released.

You may not be perplexed to enjoy every books collections im pregnant lesley regan that we will extremely offer. It is not a propos the costs. Its not quite what you obsession currently. This im pregnant lesley regan, as one of the most in force sellers here will utterly be among the best options to review.

**I'm Pregnant!**-Lesley Regan 2019-02-05 This fully revised and updated edition, traces in full-color images and photographs the journey from conception to birth. A user-friendly, chronologically arranged reference, I'm Pregnant presents full and accurate information at each stage of pregnancy. Updates include: breastfeeding, medication, alcohol, smoking, diet, cord blood collection, maternity benefits, antenatal tests, epidurals, signs of labor, and the baby's check up.

**Your Pregnancy Week by Week**-Lesley Regan 2013-05-01 Find out what to expect from conception to birth From the moment after conception to feeding your newborn baby, Your Pregnancy Week by Week, covers everything you need to know about the miracle of pregnancy. Professor Lesley Regan, world-renowned obstetrician, draws on her professional expertise and personal experience to explain exactly what is happening week-by-week, to you and your baby during pregnancy. Demystifies complex medical jargon, enabling you to make educated choices about your pregnancy, guiding you through your own physical and emotional changes and antenatal care. Find explanations, advice and reassurance to ensure you have the best possible understanding of this extraordinary and wonderful time. Stunning state-of-the-art imagery and specialist up-to-the-minute research and information describes your baby's remarkable development, week-by-week in the womb.Whether you're looking for the perfect gift for a new mum-to-be or searching for a comprehensive book for your own needs, Your Pregnancy Week by Week is for you.Now with a new look. (Previous ISBN: 9781405348799)

**Miscarriage: What Every Woman Needs to Know**-Lesley Regan 2018-07-10 A fully revised and updated edition of the definitive account of the causes, prevention and treatment of miscarriage One in four pregnancies ends in miscarriage - it is the most common complication of pregnancy and also one of the least understood. Professor Lesley Regan is the first woman to hold a chair on obstetrics and gynaecology in the country and for the past decade she has worked to establish the biggest miscarriage clinic in the world. This book gives up-to-date information on the many causes of miscarriage and the latest treatments available. It covers the chances of a successful pregnancy, how to prepare for and cope with the next pregnancy, infertility, and gives answers to the most commonly asked questions on the subject of miscarriage. Revised and updated to take account of the latest developments in the study of miscarriage, this book is the book everyone who has ever suffered a miscarriage will need.

**Mayo Clinic Guide to Fertility and Conception**-Jani R. Jensen 2018-06-24 A helpful medical reference on conceiving and maintaining pregnancy from the Mayo Clinic, #1 on US News & World Report’s 2020-2021 Best Hospitals Honor Roll. Deciding to start or build a family is a life-changing decision. Once the decision is made, there’s a whole new set of unknowns—including whether the journey will be easy or difficult. How can you increase your chances of becoming pregnant? What health and lifestyle changes should you make to have a healthy pregnancy? And if you’re struggling to become pregnant, what medical treatments are available? Where can you get emotional support if you can’t get pregnant or if you’ve had a miscarriage? And when is enough? The fertility experts at Mayo Clinic offer answers to these questions and more. Through the pages of this book, they’ll guide you through the process of trying for—and achieving—a successful pregnancy. You’ll also hear throughout the book from couples and individuals who have struggled to have a family. For a variety of reasons—health conditions, unexplained infertility, or life circumstances—getting pregnant or deciding to have a family was difficult for them. These personal stories are to let you know that you’re not alone in your journey, and to give you hope that with time and patience, pregnancy is often possible. From lifestyle and dietary recommendations to understanding your ovulatory cycle to medications and procedures that can improve fertility, this book is a comprehensive source of answers from “one of the most reliable, respected health resources that Americans have” (Publishers Weekly).

**The Natural Pregnancy Book, Third Edition**-Aviva Jill Romm 2014-08-05 A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Over the last two decades, The Natural Pregnancy Book has ushered thousands of women through happy and healthy pregnancies. Addressing women's health from conception to birth, Dr. Romm describes herbs that can promote and maintain a healthy pregnancy, and allays such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is integrative health advice based on Dr. Romm's new credentials as a Yale-trained physician, combined with her twenty years of experience as a midwife and herbalist.

**The Pregnancy Encyclopedia**-DK 2016-02-02 The Pregnancy Encyclopedia is an engaging and accessible question-and-answer guide to some of the most commonly asked questions about pregnancy, packed with full-color photographs and illustrations. The Pregnancy Encyclopedia has answers to all your questions—including the ones you haven’t even thought of yet. Top experts in the field offer encyclopedic coverage of the topics relating to pregnancy and birth, from fertility and family planning to nutrition and exercise to lifestyle changes, planning for the future, and more. In all, this comprehensive guide covers more than 300 topics of interest to expecting mothers and their partners. The Pregnancy Encyclopedia is the only book that uses an engaging Q&A style with accompanying full-color photographs, illustrations, and infographics to help you understand what’s going on with your baby, your partner, and yourself.

**Birth Skills**-Juju Sundin 2007-04-01 Even after reading countless pregnancy books I still didn't understand what my labour would be like. All I really knew was it would be painful and scary. Then my obstetrician suggested I take Juju Sundin's birth skills classes. Juju gave me the knowledge to understand my body during labour and taught me about the physiology of pain and how to use her techniques to deal with it. - Sarah Murdoch If you're like most women, you'll go into labour with little knowledge of exactly what your body is doing and why, and how you can actively manage the pain and stay in control while helping your body do what it's designed to. That's where Birth Skills comes in, a step-by-step guide packed with information plus easy-to-learn, proven pain management skills. In Birth Skills, obstetric physiotherapist Juju Sundin shares the techniques she has pioneered over her 30-year career, while Sarah Murdoch takes you on a personal journey of her own labour and birth, describing how she learned the skills in the class then applied them on the big day. Whether it's your first baby or lucky last, you will learn: \* how your body works in labour and why \* how to turn fear into positive action so you stay in control \* how to use movement, breathing, vocalisation, visualisation, keywords and other handy techniques \* what to wear, what to take, and what questions to ask \* how your partner can help, and working as a team \* other women's experiences using Juju's techniques. Birth is all about the bigger picture -- educating and empowering yourself, giving it a try, doing it your way, and a healthy mother and baby. - Juju Sundin

**The Pregnant Body Book**-Dorling Kindersley Publishing Staff 2011-06-01 The complete illustrated guide from conception to birth. The Pregnant Body Book is a comprehensive visual guide to every aspect of conception, pregnancy and birth exploring the important changes that take place in a completely revolutionary way. State-of-the-art images, extraordinary photography and accessible text track each stage of both the mother and baby's development from fertilisation to birth week-by-week. This unprecedented guide covers everything you could possibly want to know from the science behind sex and conception to the intricacies of genetics and includes a detailed look at the anatomy and physiology of both the male and female reproductive systems and the groundbreaking medical advances that define the 21st-century understanding of pregnancy. The Pregnant Body Book is the first of its kind and an ideal reference for prospective parents, as well as both medical and midwifery students.

**The Pregnancy Countdown Book**-Susan Magee 2011-05-18 The average pregnancy lasts 280 days—and the suspense can be excruciating! The Pregnancy Countdown Book counts down the biggest milestones every step of the way, with one page of helpful information for each day of your pregnancy. Here are tips from doctors and mothers, amusing anecdotes and quotes, and all of the uncensored details that other books won't tell you. The perfect gift for expecting moms of all ages, The Pregnancy Countdown Book is a delightfully irreverent look at the craziest nine months of your life.

**Pregnancy**-Dorling Kindersley 2014 The essential Australian guidebook to pregnancy Pregnancy: The Beginner's Guide is a trusty guide to the amazing journey of having a baby, from conception to birth and beyond. It charts the progress of mother and baby month-by-month and contains all the practical information, helpful advice and insider knowledge that parents-to-be will need. It includes: Amazing facts about your baby's development through the months A survival guide to help expectant dads navigate the road ahead 'Essentials' lists Important dietary information and handy recipes Advice on smart ways to keep costs down A helpful translation guide to the world of pregnancy and parenthood Tips on what to do when, as well as things to avoid, explained with familiar Australian terminology Vital Australian statistics Useful Australian resources Pregnancy The Beginner's Guide is a practical handbag-sized handbook for your journey through pregnancy and birth.

**Mayo Clinic Guide to a Healthy Pregnancy**-Mayo Clinic 2009-03-17 Book description to come.

**Pregnancy, OMG!**-Nancy Redd 2018-04-03 New York Times bestselling author Nancy Redd’s visual guide to pregnancy and all the bizarre, hilarious, and often unanticipated changes a woman’s body can go through. WHY DID NOBODY TELL ME THIS COULD HAPPEN!— This is not the thought you want to be having when you’re frantically Googling whether your pregnancy symptom is normal or an emergency. Just when you thought there could never be another pregnancy book, Pregnancy, OMG! comes along, and you realize how much the current market is missing. Did you know that: your nose can change size and shape? Your fingernails, far from growing long and strong, can crack or fall off? You can completely (temporarily) lose your sense of smell? That 5% of women grow a third boob? More seriously, that 25-50% percent of the partners of women with postpartum depression develop it themselves, or that 20% of pregnancies end in miscarriage? This is a one-stop guide to every change a woman’s body can go through while pregnant, and is unlike anything for expecting parents on the market: it is illustrated by full-color photographs of a diverse set of real pregnant women of all shapes, sizes and ages. Featuring Nancy Redd’s trademark warmth, humor, and candor, and partnered with the advice and vetting of medical experts, this book tackles embarrassing, confusing, and less-widely discussed issues that many pregnant women face while offering practical tips and techniques to ease even the strangest problems, helping to dispel panic and shame, and providing women the resources they need for a healthy pregnancy.

**What to Eat When You're Pregnant**-Nicole M. Avena 2015 A trimester-by-trimester guide to what to eat--as opposed to what to avoid--while pregnant and nursing, to support the mother's health and the baby's development during each stage of pregnancy, with 50 recipes. Pregnancy has traditionally been viewed as a time when women can give in to their food cravings and not worry about their weight. But new research suggests that the foods women eat during pregnancy can have a lasting effect on the baby's brain development and behavior, as well as the mother's waistline. While many books tell women what not to eat, there are few guides that tell women what to eat while also considering that hormonal influences during pregnancy can make it difficult to stick to a healthy diet. More and more women enter pregnancy overweight, gain an unhealthy amount of weight while pregnant, then struggle to lose the "baby weight" after the baby is born. Drawing on the latest research from the fields of medicine, nutrition, and psychology, this guide gives moms-to-be a clear understanding of what their bodies really need and how those foods contribute to the development of healthy and happy babies.

**Pregnancy Do's and Don'ts**-Dr. Elisabeth Aron 2008-12-18 For when you need the facts—not fear—about what food, drinks, activities, and procedures you should avoid during each month of your pregnancy. Over the years, Dr. Elisabeth Aron has soothed the worries of many soon-to-be moms who have come to her with questions such as: • Can I exercise during my first trimester? • Is canned tuna safe to eat throughout my pregnancy? • Do self-tanners contain chemicals I should be worried about? • I have to fly for work during my second trimester. Is this safe? • Is cookie-dough ice cream safe to eat? • Can I wear an underwire bra during my pregnancy? • I'm six months pregnant. Is it alright for me to have a glycolic peel facial? • Are peanuts safe to eat or will my baby develop a peanut allergy if I eat too many? • There is a lot of chlorine in my health club's pool. Is that a good or bad thing? Pregnancy Do's and Don'ts includes hundreds of entries on possible concerns—from apple cider to zinc and everything in between. In each entry, Dr. Aron identifies the item, the possible cause for concern, and explains the bottom line—whether it is something a woman should avoid completely, something to take a better-safe-than-sorry approach toward, or something that is perfectly fine.

**Miscarriage, Medicine & Miracles**-Bruce K. Young 2009 Examines the common reasons for miscarriage, including abnormal anatomy, illnesses and diseases, and toxic agents, and discusses how each of these factors can be solved to have a successful pregnancy.

**The Lonely Life of Biddy Weir**-Lesley Allen 2018-05-15 A stark but uplifting story of bullying and redemption, for anyone who's ever been a weirdo A charming and uplifting story, perfect for fans of A Man Called Ove or Jonas Jonasson. 'If you're a bit of a weirdo you will love Biddy Weir' - Ian Sansom, bestselling author of The Norfolk Mystery Biddy Weir is a quirky girl. Abandoned by her mother as a baby, and with a father who's not quite equipped for the challenges of modern parenting, Biddy lives in her own little world, happy to pass her time painting by the sea and watching the birds go by. That is, until she meets Alison Flemming. Because there are a few things about Biddy that aren't normal, you see. And Alison isn't afraid to point them out to the world. All of a sudden, Biddy's quiet life is thrown into turmoil. If only there was someone to convince her that, actually, everyone's a little bit weird . . . A story of abuse and survival, of falling down and of starting again, and of one woman's battle to learn to love herself for who she is, The Lonely Life of Biddy Weir is Lesley Allen's startlingly honest debut novel. PRAISE FOR THE LONELY LIFE OF BIDDY WEIR "A wonderful debut: poignant, powerful and moving, with ripples of dark humor." Colin Bateman "I'm a little bit in love with Biddy Weir. In her, Lesley Allen has created a character who is the embodiment of all our adolescent insecurities" Bernie McGill, author of The Butterfly Cabinet "In Biddy Weir, Lesley Allen has created one of those characters that gets under your skin and won't leave . . . A must-read for anyone who has ever wondered about life and where we fit in" Doreen Finn, author ofMy Buried Life "One of my favourite reads this year. . . raw, real and authentic. . . You will be enthralled" Bibliomaniac "Truly uplifting . . . I can not believe this is Lesley Allen's debut novel!" Steph and Chris's Book Review

**Conception, Pregnancy & Birth**-Miriam Stoppard 2008-06-30 Widely accepted as the definitive guide to pregnancy andchildbirth, Dr. Miriam Stoppard’s Conception, Pregnancy, and Birth has sold well over a million copies since it was firstpublished. This new edition has not only been given a completely new look with stunning new photography but it has also been updated and re-written with 20-25 percent new material. New information will cover the latest developments in pregnancy and birth, from up-to-date research on how your stress levels can affect your unborn baby to new developments in delivering your baby.

**F\*ck Your Diet**-Chloé Hilliard 2020-01-07 \*A Goodreads Choice Awards Finalist \*Named Best Comedy Book by the African American Literary Awards Show Fans of Issa Rae and Phoebe Robinson will love this collection of laugh-out-loud funny and insightful essays that explore race, feminism, pop culture, and how society reinforces the message that we are nothing without the perfect body. By the time Chloé Hilliard was 12, she wore a size 12—both shoe and dress—and stood over six feet tall. Fitting in was never an option. That didn’t stop her from trying. Cursed with a “slow metabolism,” “baby weight,” and “big bones,”—the fat trilogy—Chloe turned to fad diets, starvation, pills, and workouts, all of which failed. Realizing that everything—from government policies to corporate capitalism—directly impacts our relationship with food and our waistlines, Chloé changed her outlook on herself and hopes others will do the same for themselves. The perfect mix of cultural commentary, conspiracies, and confessions, F\*ck Your Diet pokes fun at the all too familiar, misguided quest for better health, permanent weight loss, and a sense of self-worth.

**When Abortion Was a Crime**-Leslie J. Reagan 1998-09-21 A collection of stories of women who survived abortions and those who did not, based on narratives from involved parties as well as court records, police reports, medical literature, and coroners' reports

**Touching the Void**-Joe Simpson 2012-12-12 The 25th Anniversary ebook, now with more than 50 images. 'Touching the Void' is the tale of two mountaineer's harrowing ordeal in the Peruvian Andes. In the summer of 1985, two young, headstrong mountaineers set off to conquer an unclimbed route. They had triumphantly reached the summit, when a horrific accident mid-descent forced one friend to leave another for dead. Ambition, morality, fear and camaraderie are explored in this electronic edition of the mountaineering classic, with never before seen colour photographs taken during the trip itself.

**The Taken Girls (The DI Ogborne Mystery Series, Book 1)**-G.D. Sanders 2018-12-13 “Omg this book had me gripped from start to finish!” Reader reviewer Someone is watching them...

**Good and Cheap**-Leanne Brown 2015-07-14 By showing that kitchen skill, and not budget, is the key to great food, Good and Cheap will help you eat well—really well—on the strictest of budgets. Created for people who have to watch every dollar—but particularly those living on the U.S. food stamp allotment of \$4.00 a day—Good and Cheap is a cookbook filled with delicious, healthful recipes backed by ideas that will make everyone who uses it a better cook. From Spicy Pulled Pork to Barley Risotto with Peas, and from Chorizo and White Bean Ragù to Vegetable Jambalaya, the more than 100 recipes maximize every ingredient and teach economical cooking methods. There are recipes for breakfasts, soups and salads, lunches, snacks, big batch meals—and even desserts, like crispy, gooey Caramelized Bananas. Plus there are tips on shopping smartly and the minimal equipment needed to cook successfully. And when you buy one, we give one! With every copy of Good and Cheap purchased, the publisher will donate a free copy to a person or family in need. Donated books will be distributed through food charities, nonprofits, and other organizations. You can feel proud that your purchase of this book supports the people who need it most, giving them the tools to make healthy and delicious food. An IACP Cookbook Awards Winner.

**Tell the Truth & Shame the Devil**-Lzley McSpadden 2016-05-10 The revelatory memoir of Lzley McSpadden—the mother of Michael Brown, the African-American teenager killed by the police officer Darren Wilson in Ferguson, Missouri on August 9, 2014—sheds light on one of the landmark events in recent history. “I wasn’t there when Mike Mike was shot. I didn’t see him fall or take his last breath, but as his mother, I do know one thing better than anyone, and that’s how to tell my son’s story, and the journey we shared together as mother and son.” —Lzley McSpadden When Michael Orlando Darrion Brown was born, he was adored and doted on by his aunts, uncles, grandparents, his father, and most of all by his sixteen-year-old mother, who nicknamed him Mike Mike. McSpadden never imagined that her son’s name would inspire the resounding chants of protesters in Ferguson, Missouri, and ignite the global conversation about the disparities in the American policing system. In Tell the Truth & Shame the Devil, McSpadden picks up the pieces of the tragedy that shook her life and the country to their core and reveals the unforgettable story of her life, her son, and their truth. Tell the Truth & Shame the Devil is a riveting family memoir about the journey of a young woman, triumphing over insurmountable obstacles, and learning to become a good mother. With brutal honesty, McSpadden brings us inside her experiences being raised by a hardworking, single mother; her pregnancy at age fifteen and the painful subsequent decision to drop out of school to support her son; how she survived domestic abuse; and her unwavering commitment to raising four strong and healthy children, even if it meant doing so on her own. McSpadden writes passionately about the hours, days, and months after her son was shot to death by Officer Darren Wilson, recounting her time on the ground with peaceful protestors, how she was treated by police and city officials, and how she felt in the gut-wrenching moment when the grand jury announced it would not indict the man who had killed her son. After the system failed to deliver justice to Michael Brown, McSpadden and thousands of others across America took it upon themselves to carry on his legacy in the fight against injustice and racism. Tell the Truth & Shame the Devil is a portrait of our time, an urgent call to action, and a moving testament to the undying bond between mothers and sons.

**The Story of You**-Katy Regan 2014 Your past will always be part of you, but does it have to define your future? Or can you rewrite your story? Growing up in an idyllic, northern village, Robyn's life was pretty damn near perfect. Then, she turned sixteen and everything exploded: her beloved mother died, and she fell in love. Seventeen years later, it's happening all over again: a funeral, an unexpected pregnancy, and Joe back in her life.

**Adventures in Tandem Nursing**-Hilary Flower 2019-12 Finally, the 2nd edition of a much-needed book! There is no doubt about it-when breastfeeding and pregnancy overlap, the questions abound. This book is still the only comprehensive resource on this topic. Hilary Flower gives complete and in-depth answers to a wide range of questions related to breastfeeding during pregnancy and tandem nursing. Drawn from a great reservoir of mother wisdom, this book pools the stories of over 300 mothers from around the world. Extensive reviews of medical research and discussions with experts in the fields of nutrition, obstetrics, and anthropology have provided the author with a thorough understanding of this important topic. Each person's experience will be a one-of-a-kind adventure, full of surprises and choices. Adventures in Tandem Nursing provides an essential source of support, humor, and information for the journey. The 2nd edition has the latest research on safety and nutrition, many more mothers' stories and quotes, checklists to keep you on track, chapter summaries, online resources, and all new photos and illustrations. You will also find four additional chapters: high risk pregnancy, the nursing's needs, closely spaced babies, and "triandem" nursing.

**Decriminalising Abortion in the UK**-Sheldon, Sally 2020-03-01 Available Open Access under CC-BY-NC licence. The public and parliamentary debate about UK abortion law reform is often diverted away from key moral and political questions by dispute regarding basic questions of fact. And all too often, claims of scientific 'fact' are ideologically driven. But what effect would decriminalisation be likely to have on women's health? How would it be the impact on the incidence of abortions? Would decriminalisation equate to deregulation, sweeping away necessary restrictions on dangerous or malicious conduct? With each chapter written by leading experts in the fields of medicine, law, reproductive health and social science, this book offers a concise and authoritative account of the evidence regarding the likely impact of decriminalisation of abortion in the UK.

**Is Your Body Baby-Friendly?**-Alan E. Beer 2006 According to this reference from a leading authority who has worked with more than 7,000 couples, women who have experienced difficulty conceiving or multiple miscarriages may be suffering from treatable dysfunctions of their immune systems. Providing details that are both technical and accessible, this book explains how chemical therapy can temporarily regulate immune responses that might otherwise unleash natural killer cells. Sections cover the most common and adverse immune problems, including tissue compatibility, blood clotting defects, and antibodies that fight sperm, fetal cells, hormones, and neurotransmitters, and also outline clinical protocol for comprehensive immune testing. The discussion incorporates the author's own dramatic account of his clinical breakthroughs, the rejection of his ideas by mainstream medical practitioners, and his research showing that failed in vitro fertilization (IVF), infertility, and repeated miscarriages are often the result of abnormal immune reactions.

**I'm Pregnant! Canadian Edition**-Lesley Regan 2019-06-04 Understand what is happening to you and your developing baby during your pregnancy, from the moment of conception to giving birth, to the first six weeks with your newborn baby, with this in-depth, week-by-week guide to pregnancy. Based on up-to-date research and full of detailed ultrasounds and images, I'm Pregnant! shows you your baby's remarkable development in the womb. Perfect for new Canadian moms, the book guides you through the physical and emotional changes you will experience, and every aspect of your prenatal and postnatal care, from the first signs of pregnancy to breastfeeding and beyond. The book's advice and reassurance ensure that you will have the best possible understanding of this extraordinary and wonderful time. Lesley Regan, MD, a world-renowned obstetrician, draws on both her professional and personal experience as the mother of twin daughters, to explain exactly what is happening to you and your developing baby week by week. This pregnancy bible is completely up-to-date in style and content, ready to appeal to a new generation of mothers-to-be.

**The Kind Mama**-Alicia Silverstone 2014-04-15 When did making babies get to be so hard? Infertility is on the rise globally, affecting as many as one in six couples. But instead of considering diet and lifestyle factors, doctors pump their patients full of expensive and invasive fertility treatments. Once pregnant, women just accept that carrying a baby will be the gassy, swollen, irritable, sleepless nightmare that has become the new normal—and then assume that new motherhood will be just as challenging, from breastfeeding woes to screaming fits. It doesn't have to be that way. In The Kind Mama, Alicia Silverstone has created a comprehensive and practical guide empowering women to take charge of their fertility, pregnancy, and first 6 months with baby. Drawing on her own experience, as well as that of obstetricians, midwives, nutritionists, holistic health counselors, and others, Silverstone offers advice on getting one's "baby house" in order through nutrient-rocking foods that heal and nourish, and, once pregnant, gentle ways to boost comfort, energy, and health during each trimester. She helps readers navigate everything from prenatal testing and birth plans to successful breastfeeding and creating a supportive "baby nest." The result is an authoritative, one-stop guide that empowers women to trust their instincts during this vital milestone, while helping them embark on a healthy and more vibrant path to motherhood.

**Oxford Desk Reference: Obstetrics and Gynaecology**-Sabaratanm Arulkumaran 2011-06-23 This irreplaceable reference compiles the most up-to-date and relevant material on obstetrics and gynaecology into one volume. Strongly evidence-based, it includes the latest knowledge and guidelines from a wide range of sources and contains the key recommendations that a practising obstetrician or gynaecologist needs to know, presenting them in a uniform and accessible way, allowing for quick diagnosis and optimal care. In line with the Royal College of Obstetrics and Gynaecology curriculum for specialty training, this book covers not just the clinical knowledge required but also information on the communication, technical and professional skills needed to practise in the specialty. With each chapter written by internationally renowned specialists and edited by five of the leading figures in obstetrics and gynaecology, this book will be a vital resource for all practising clinicians.

**Growing You**-Korie Herold 2020-03-17 This elegant pregnancy journal takes you through nine months of pregnancy with prompts to record all of your special moments and create a keepsake to one day give to your child. Best-selling author and illustrator Korie Herold poured over every page, adding artistic details and flourishes to create the perfect keepsake pregnancy memory book. Growing You includes: - Pregnancy milestones - Pocket folder for sonogram photos, letters from loved ones, and other mementos - Prompts to record precious pregnancy milestones - Space to journal through the months of your pregnancy - And more Special Features: - Chic, gender-neutral design - Elegant linen cover - Acid-free and archival paper - Generous trim size offers ample space for photos - Lay-flat design allows you to easily write in the book

**Praying Through Your Pregnancy**-Jennifer Polimino 2010-03-12 Praying Through Your Pregnancy shows a mother how to provide an early head start for her child through the power of prayer. With fresh spiritual insight, each chapter reveals what is happening with the baby's development that week, starting with the very first moment of conception, when God begins the creation of either a boy or a girl. Readers will learn how the confidence they place in God affects the healthy development of their precious growing baby, and how to reduce their own stress and anxiety by looking to the Creator. In this interactive guidebook, the author shares excerpts from her pregnancy journal as an encouragement for women to write their own thoughts and feelings, and each chapter ends with a Mother's Prayer and Scriptures for Meditation. Praying Through Your Pregnancy was a 2011 Christian Book Award Finalist.

**The Navy SEAL's E-Mail Order Biddy**-Cora Seton 2014-05-18 Mason Hall, Navy SEAL, knows all about difficult assignments, but his current mission is one for the record books. Not only must he find a wife—and get her pregnant—or forfeit the ranch his family has taken for generations, he must also convince his three brothers to marry, too—before the year is up. Who knew one city girl and three wayward brothers could put up such a fight? Regan Anderson can't wait any longer to meet Mr. Right, so she's prized matters into her own hands. She's quit her job, given up her nice apartment and undergone all the preliminary appointments to prepare for artificial insemination. Still, becoming a single mother is daunting, so when she spots Mason's Wife Wanted ad on the Internet one night, she's ready for a few laughs. She's sure the ad must be fake, but when Mason answers back, she soon finds herself wanting more than a long distance relationship. If Mason can just keep her talking until he makes it home from Afghanistan, he's sure he can convince Regan he's her man. But when he whisks her off for a trial run in Chance Creek, they're in for an unpleasant surprise. The ranch is in ruins, the house has been stripped, and they're going to have to work day and night to beat Mason's deadline to win it back. Can two strangers pull together against all odds? Or is this mission doomed to fail? The Heroes of Chance Creek: BOOK 1: The Navy SEAL's

E-Mail Order Bride BOOK 2: The Soldier's E-Mail Order Bride BOOK 3: The Marine's E-Mail Order Bride BOOK 4: The Navy SEAL's Christmas Bride BOOK 5: The Airman's E-Mail Order Bride BOOK 6: The Navy SEAL's Second Chance Bride

**Nighttime Is My Time**-Mary Higgins Clark 2011-11-29 The disappearance of several apparently unrelated young women all over the country is the beginning of Mary Higgins Clark's chilling new novel, as one person begins to suspect that the young women may have all been murdered or abducted by the same man--and he may be somebody she knows.

**Avoiding Miscarriage**-Susan Rousselot 2006-07-24 Written in the warm and accessible manner of a knowledgeable girlfriend, this highly unique book is the first to enable women to evaluate their own risk of miscarriage and take steps to reduce that risk. There are only four major causes of miscarriage, and targeted questionnaires help each woman clarify whether she might be at higher risk in any of these areas. Each cause is explained thoroughly but clearly, with the information and support women need to improve their chance of future successful pregnancy. This makes the book as relevant for women who have never even been pregnant as it is for women who have experienced miscarriage. The book presents a detailed overview of miscarriage, dispels common myths, provides flow charts to help reveal the cause of any previous unexplained loss, and offers positive, practical options for action. It is written from the patient's perspective, drawing on sympathetic case studies to introduce each chapter and presenting complex medical research in a way that is easy to understand. The reassuring and upbeat tone inspires a positive attitude, and the book enables each woman to identify the path that is right for her based on her unique personality and circumstances.

**Early Pregnancy**-Roy G. Farquharson 2010-09-09 Problems in early pregnancy are among the most common conditions in gynaecology and obstetrics, and in recent years have become an increasingly studied and important field of reproductive medicine. Early Pregnancy is the first book to embrace a multidisciplinary approach to this rapidly growing field. It combines the expertise of a wide range of internationally renowned authors to produce an authoritative reference on the subject, aiming to improve patient care in early pregnancy by making key recommendations for clinicians. The chapters cover a wide range of core subjects as well as addressing the latest developments by translating research into clinical practice. By bringing together essential elements of scientific research and clinical care Early Pregnancy sets a new benchmark for evidence-based patient care and will be essential reading for all clinicians, nurses, trainees and scientific researchers with an interest in early pregnancy.

**The Bump Class**-Marina Fogle 2016-02-04 "This is one of the best books I have read on the subject" The Sun "Fresh, witty and reassuringly down-to-earth" You Magazine Fed up with advice that did not take into account a less than perfect pregnancy, Dr Chiara Hunt and Marina Fogle set up their pregnancy course, The Bump Class, in London in 2013. They wanted to help prepare new mothers thoroughly for the birth of their babies and instil in them the joy and happiness of birth, no matter what the method, time or setting of the labour. This book is a pragmatic and honest look at pregnancy, giving pregnant women and new mothers sensible and practical advice on what is to be expected (as well as the often unexpected!) in a friendly and open manner. Chiara and Marina believe that there is no such thing as a "normal" pregnancy or birth - every woman is different and that should be celebrated, not ignored. The Bump Class is filled with charming illustrations, impartial advice, style tips and hilarious anecdotes from both of the authors, as well as personal stories from the women who have been welcomed onto their course. This book will provide every pregnant woman with the support

and reassurance that is so essential at the most crucial time in any woman's life.

**The Day-By-day Pregnancy Book**-Maggie Blott 2018-02 Count down your pregnancy day by day with advice from a team of experts and amazing images for every stage of your baby's development. Fully updated to reflect changes in medical practice, including advice on non-invasive prenatal testing and ways to adapt special diets during pregnancy, The Day-by-day Pregnancy Book provides a comprehensive look at every week of pregnancy. From early foetal development to how your hormones prepare you for birth, Q&As with experts and mums will help put your mind at ease. The Day-by-day Pregnancy Book also breaks down the 12 hours post delivery with an hour-by-hour account and the day-by-day format continues for the first two weeks of life with a newborn baby. The Day-by-day Pregnancy Book will be your pregnancy bible - every day.

**50 Things to Do Before You Deliver**-Jill Krause 2018-04-03 While your body is doing the important work of growing your baby, 50 Things to Do Before You Deliver nails down exactly what to do to prepare for your little one's big debut. First-time moms have plenty to be grateful for --and plenty to worry about. Centered on what's most important to expecting moms, 50 Things to Do Before You Deliver narrows the vast field of pregnancy advice to 50 specific, proactive steps for confidence and peace of mind before baby arrives. Unlike other pregnancy books for first time moms, this book includes only what is necessary and helpful, and leaves out the rest. Written by Jill Krause--creator of the award-winning pregnancy blog, Baby Rabies, and mom of four--50 Things to Do Before You Deliver arms moms-to-be with actionable advice and tools that are actually useful. Voiced with honesty, humor, and encouragement from a mom who's been there, 50 Things to Do Before You Deliver offers: 50 trimester-by-trimester tasks covering only the most important things expectant moms need to focus on Relevant, creative tips for using tech to track, document, and learn about pregnancy Judgment-free advice from other moms, OB-GYNs, and midwives--including guest contributions from Amy Morrison of the blog Pregnant Chicken, and Bryn Huntpalmer of The Birth Hour podcast There are countless pregnancy books for first time moms out there--but 50 Things to Do Before You Deliver is a practical guide that will empower and prepare you during pregnancy and beyond.

**Dinosaurs: A Visual Encyclopedia**-DK 2018-04-03 Kids can go on a visual tour of the prehistoric world, exploring the plants, the reptiles, the swimmers, the flyers, the dinosaurs, the mammals, and more in this comprehensive and fully updated visual celebration of prehistoric life. Part of the series of award-winning, best-selling DK encyclopedias for children, this title has been completely revised to provide a comprehensive visual exploration of the entire range of prehistoric animal life. Dinosaurs: A Visual Encyclopedia is not simply a catalog of facts and photos - it is a visual celebration of the history of all life on Earth, with a special focus on dinosaurs. More than 100 dinosaur species are featured, many illustrated with brand new artworks, exclusive to DK. The new images vividly reflect the very latest research into what these prehistoric creatures looked like, including thrilling new discoveries about feathered dinosaurs.