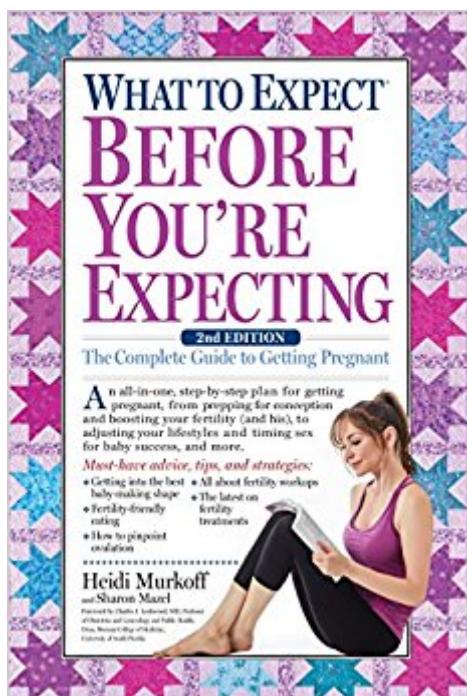


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# What To Expect Before You're Expecting: The Complete Guide To Getting Pregnant



## Synopsis

It's a cover-to-cover revision of America's bestselling guide to getting pregnant, with updated information about genetic screening, ovulation tracking, fertility treatments, and risks like Zika. What to Expect Before You're Expecting, with over 250,000 copies in print, has everything that eager-to-be moms and dads need to know about getting pregnant, from getting their bodies ready to make a healthy baby to getting that healthy baby on board faster. You'll find baby-friendly foods to order up (say yes to yams); fertility-busters to avoid (see you later, saturated fat); how to pinpoint ovulation, time baby-making sex, keep on-demand sex sexy, and separate conception factâ "it takes the average couple up to 12 months to make a babyâ "from mythâ "position matters. With the latest on health insurance coverage, preconception travel and the Zika virus, sex selection techniques, antidepressants, and information on family-building options for single women and same-sex couples. Plus, for the 1 in 8 couples who experience infertility, the latest on both low-tech and cutting-edge fertility treatments, from medications to IVF and surrogacy. It's everything you need to know for that baby-making adventure. Â

## Book Information

Paperback: 304 pages

Publisher: Workman Publishing Company; 2 edition (October 3, 2017)

Language: English

ISBN-10: 1523501502

ISBN-13: 978-1523501502

Product Dimensions: 1.1 x 1.1 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

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## Customer Reviews

Heidi Murkoff is the author of the What to Expect® series of pregnancy and parenting books with over 38 million copies in print. She is also the creator of [WhatToExpect.com](http://WhatToExpect.com) and the [WhatToExpect](http://WhatToExpect.com) 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.

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