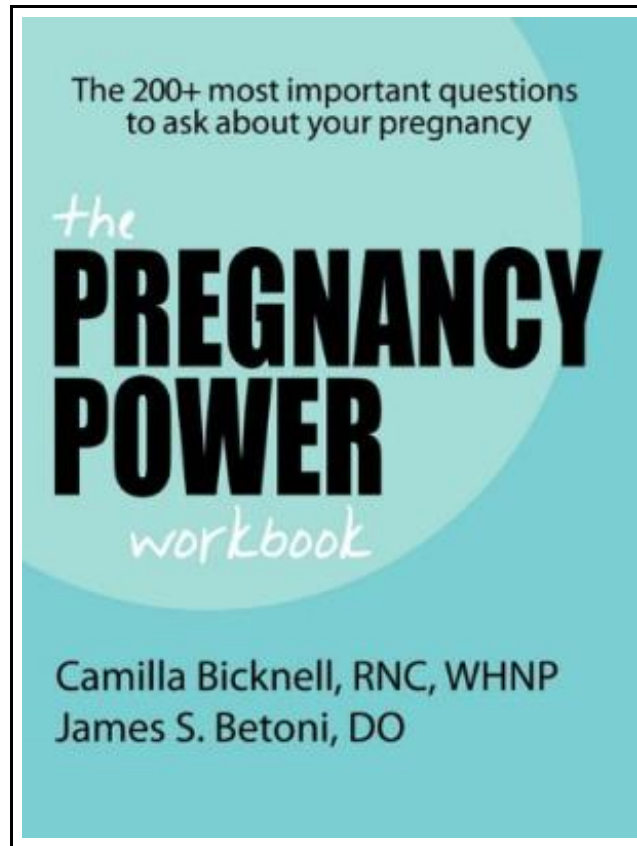


## The Pregnancy Power Workbook: The 200 Most Important Questions to Ask about Your Pregnancy



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Power Health Press. Paperback. Book Condition: New. Paperback. 314 pages. Dimensions: 10.9in. x 8.2in. x 0.8in. Your question-and-answer guide to pregnancy. Product Description: Are you pregnant Are you planning a pregnancy Do you feel confused or powerless because you dont know where to start The Pregnancy Power Workbook will mobilize these feelings into action by giving you the tools you need to become an empowered pregnancy professional. Armed with this power, you can take your pregnancy care to a new level. In the current market of guides, nothing resembles this book; readable, useable, and practical, this guide provides a concise system that allows you to be on the same page as your medical team, to speak the same language, and to work towards the same goals. Focused questions, generally presented in the first person, guide you from preconception through delivery in a style that encourages and enforces personal knowledge. These simple questions reveal the answers you need to know during the weeks and months of a normal pregnancy. Summary The Pregnancy Power Workbook transforms women considering a pregnancy or those already pregnant into empowered pregnancy professionals. Until now, publishers have presented pregnancy guides in a large, textbook-style format. The overwhelming details of pregnancy can often cause information overload for readers. These books assume women can readily: 1. Find the information they need 2. Mentally and conceptually process the important issues 3. Accurately incorporate what they have learned into their personal pregnancy lifestyle The mental fog that comes with pregnancy frequently complicates womens ability to perform these seemingly simple functions. They need a guide that allows for a systematic appraisal of current knowledge and a structure that reinforces and builds on that knowledge. With over 30 years of combined medical and obstetric experience, this OBGYN physician and Womens Health Nurse Practitioner recognize that many women desiring a...



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