



Mayo Clinic Guide to a Healthy Pregnancy (Bestsellers)

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Any woman looking for accurate, reliable, and authoritative information from a reliable source will surely appreciate this pregnancy book from the world-class Mayo Clinic. There are hundreds of pages of in depth information that new parents will find useful and informative. Features include week-by-week updates on baby's growth as well as month-by-month changes that mom can expect and a forty-week pregnancy calendar as well as a symptom guide and a review of important pregnancy decisions.

In this illustrated book you'll also find pre-pregnancy advice: how to get pregnant in the first place and once you are pregnant, meal planning tips, healthy exercise, safe medication use, and general parenthood advice. This pregnancy book is the result of the efforts of a collective team of pregnancy experts who find nothing in medicine more exciting and satisfying than the birth of a healthy child with a healthy mother. Mayo Clinic Guide to a Healthy Pregnancy is an essential pregnancy resource for parents-to-be.

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