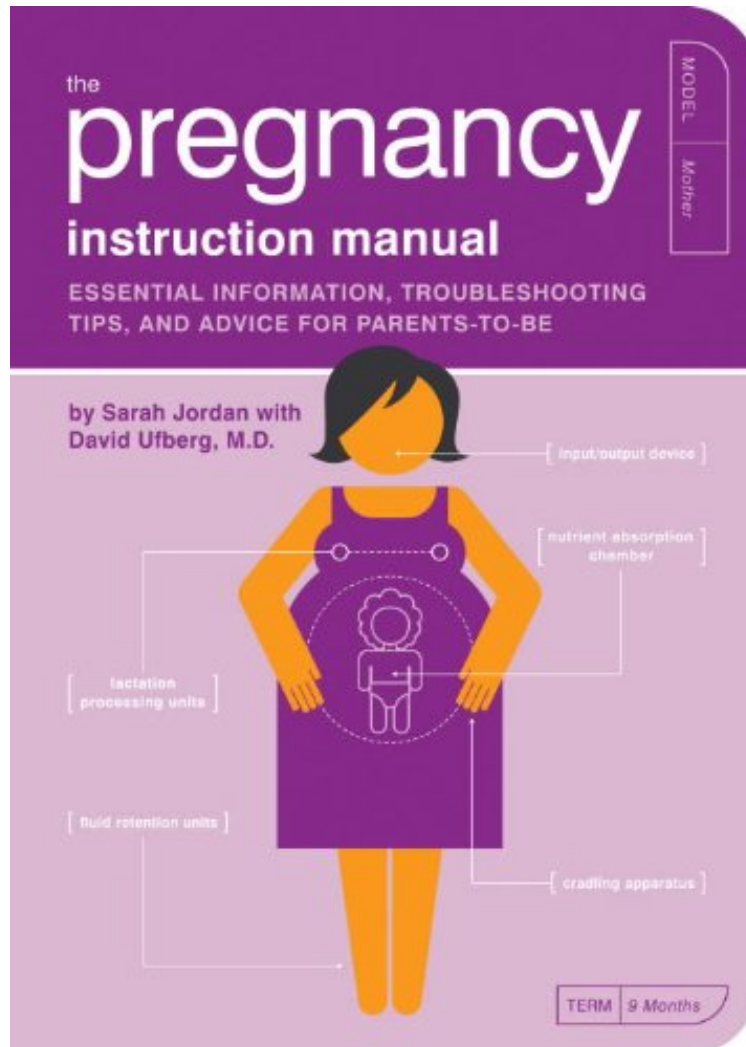


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# The Pregnancy Instruction Manual: Essential Information, Troubleshooting Tips, and Advice for Parents-to-Be (Owner's and Instruction Manual)

Sarah Jordan

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**Sarah Jordan : The Pregnancy Instruction Manual: Essential Information, Troubleshooting Tips, and Advice for Parents-to-Be (Owner's and Instruction Manual)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Pregnancy Instruction Manual: Essential Information, Troubleshooting Tips, and Advice for Parents-to-Be (Owner's and Instruction Manual):

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WesternlandThe book is meant more for an overall census of the pregnancy process and should not be used as the end all be all. Great book for soon to be dads who want to know what happening with the development of the baby. The book generically covers serious topics, but not in a manner which causes stress or alarm. There are parts that will make some laugh, but I urge caution not to laugh too much when reading the contents to the pregnant woman.0 of 0 people found the following review helpful. this book is uber cute!By lindsaythis book is uber cute!!!!!! i bought the baby version too :P, worth the price. It is funny but at the same time gives you very good and vital information. Not pregnant yet but planning to expand next year.2 of 3 people found the following review helpful. loved it, very to the pointBy Sandraoriginally purchase for my husband, and ended up reading it myself! loved it, very to the point, simple, and amusing. RN speaking here and loved how it went straight to the point and not long drawn out pages of blah. highly recommend to anyone that hates reading long long paragraphs of the same thing over and over again. i liked how they had first aid instructions towards the back and what to do with emergencies, even though i am a nurse, my husband is not, so i thought it was informative, important and simple enough that he could get and understand without freaking out! good for first time daddies that have no knowledge of nursing or medical training. As for mommies its also good, i recommend purchasing as the first book to get a basic knowledge of what goodies are happening in your belly, but i would read other books as well just to educate yourself more on the entire process of pregnancy, its a beautiful and amazing thing that goes on in our body and its awesome to know whats going on!

At last! A comprehensive guide to worry-free pregnancy! Bringing a baby into the world is one of life's defining moments. But there's no getting around it: Being pregnant can feel overwhelming. Fortunately, *The Pregnancy Instruction Manual* is here to answer all of your most pressing questions. Will the morning sickness ever go away? How big is my baby at 26 weeks? Are beef jerky cravings normal? How do I ward off the unwanted tummy-touch era? And most of all, will I ever get a good night's rest again? Expectant parents will find the answers here courtesy of veteran mom Sarah Jordan and certified OB-GYN (and three time dad) David Ufberg.

About the AuthorAbout the Author: Sarah Jordan is a National Magazine Award–nominated author who has written for magazines and newspapers including *Parents*, *Parenting*, *Philadelphia Magazine*, and *The Philadelphia Inquirer*. She is also the coauthor of *The Worst-Case Scenario Survival Handbook: Parenting* and *The Worst-Case Scenario Survival Handbook: Weddings*. She lives in Philadelphia with her husband and two children. David Ufberg, M.D., is a practicing obstetrician and gynecologist at Pennsylvania Hospital in Philadelphia. An assistant clinical professor with the University of Pennsylvania Health System, he has written several research publications and received many teaching awards. He is a devoted husband and father of three and has delivered thousands of babies. Paul Kepple and Scotty Reifsnyder are better known as the Philadelphia-based studio Headcase Design. Their work has been featured in many design and illustration publications, such as *AIGA 365* and *50 Books/50 Covers*, *American Illustration*, *Communication Arts*, and *Print*. Paul worked at Running Press Book Publishers for several years before opening Headcase in 1998. Paul graduated from the Tyler School of Art, where he now teaches. Scotty is a graduate of Kutztown University and received his M.F.A. from Tyler School of Art, where he had Paul as an instructor. Scotty's mother claims he came close to having a brilliant career as a TV baby, but his lack of comic timing kept him on the casting couch. Paul's mother also thought he should have been a TV baby, but unfortunately no one else agreed.