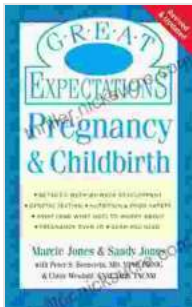


Great Expectations: A Comprehensive Guide to Pregnancy and Childbirth by Sandy Jones

Congratulations on your pregnancy! This is an exciting time, but it can also be a bit overwhelming. There's so much to learn and so much to do. That's where this book comes in.



Great Expectations: Pregnancy & Childbirth by Sandy Jones

★★★★☆ 4.3 out of 5

Language	: English
File size	: 4014 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 464 pages
Screen Reader	: Supported



****Great Expectations**** is a comprehensive guide to pregnancy and childbirth, covering everything from conception to postpartum care. Written by Sandy Jones, a registered nurse and certified childbirth educator with over 20 years of experience, this book is packed with practical advice and tips to help you have a healthy pregnancy and a safe and satisfying birth.

In this book, you'll learn about:

- The signs and symptoms of pregnancy
- What to expect at each stage of pregnancy

- How to eat healthy and exercise safely during pregnancy
- The different types of childbirth classes
- What to expect during labor and delivery
- Postpartum care and recovery
- Newborn care
- Breastfeeding

This book is also full of personal stories and anecdotes from Sandy's own experiences as a nurse and childbirth educator. These stories will help you feel connected to other women who are going through the same thing as you. They will also give you hope and inspiration for your own pregnancy and birth.

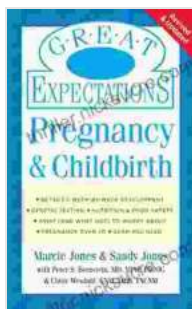
If you're looking for a comprehensive and supportive guide to pregnancy and childbirth, then ****Great Expectations**** is the book for you. This book will help you have a healthy pregnancy, a safe and satisfying birth, and a happy and healthy baby.

About the Author

Sandy Jones is a registered nurse and certified childbirth educator with over 20 years of experience. She has helped thousands of women through pregnancy and childbirth, and she is passionate about helping women have a positive and empowering birth experience.

Sandy is the author of several books on pregnancy and childbirth, including ****Great Expectations**** and ****The Birth Plan Book****. She is also a frequent speaker at childbirth education classes and conferences.

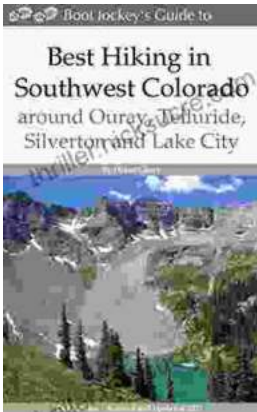
Sandy lives in California with her husband and two children.



Great Expectations: Pregnancy & Childbirth by Sandy Jones

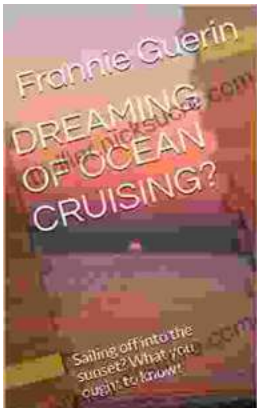
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