

Announcing a brand new, cover-to-cover revision of Americas pregnancy bible. What to Expect When You're Expecting is a perennial New York Times bestseller and one of USA Today's 25 most influential books of the past 25 years. Its read by more than 90% of pregnant women who read a pregnancy book—the most iconic, must-have book for parents-to-be, with over 14.5 million copies in print. Now comes the Fourth Edition, a new book for a new generation of expectant moms—featuring a new look, a fresh perspective, and a friendlier-than-ever voice. Its filled with the most up-to-date information reflecting not only whats new in pregnancy, but whats relevant to pregnant women. Heidi Murkoff has rewritten every section of the book, answering dozens of new questions and including loads of new asked-for material, such as a detailed week-by-week fetal development section in each of the monthly chapters, an expanded chapter on pre-conception, and a brand new one on carrying multiples. More comprehensive, reassuring, and empathetic than ever, the Fourth Edition incorporates the most recent developments in obstetrics and addresses the most current lifestyle trends (from tattooing and belly piercing to Botox and aromatherapy). Theres more than ever on pregnancy matters practical (including an expanded section on workplace concerns), physical (with more symptoms, more solutions), emotional (more advice on riding the mood roller coaster), nutritional (from low-carb to vegan, from junk food-dependent to caffeine-addicted), and sexual (whats hot and whats not in pregnant lovemaking), as well as much more support for that very important partner in parenting, the dad-to-be. Overflowing with tips, helpful hints, and humor (a pregnant womans best friend), this new edition is more accessible and easier to use than ever before. Its everything parents-to-be have come to expect from What to Expect...only better?.

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