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Pregnancy
Guide In
Hindi

*It should be a time
of joyous
anticipation—the
happiest time in a
woman's life. But
for many women,*

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the joys of pregnancy are clouded by feelings of fear, sadness, and confusion. And unlike postpartum depression, which is widely portrayed in the media and embraced by the

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*medical
community,
depression during
pregnancy has
been rarely
discussed and
often misundersto
od-until now. In
this
groundbreaking
book-the first to
focus exclusively*

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on depression in pregnancy—Dr. Shaila Kulkarni Misri, a leading reproductive psychiatrist, draws on her twenty-five years of clinical practice and research to offer hope, help, and healing—as well as

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*a provocative,
myth-shattering
examination of a
subject that has
too long been
shrouded in
darkness. The
numbers are
surprising: up to
70 percent of
pregnant women
experience some*

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degree of depressive symptoms, and of those, 12 percent meet the diagnostic criteria for major depression.

Although it is at least as common as postpartum depression, which

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*occurs after a
child's birth,
pregnancy-related
depression is
often cloaked in
silence, shame,
and denial.*

*Pregnancy Blues
lifts the veil on
this
heartbreaking-and
very treatable-*

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*illness, examining
the key social and
biological factors
that can come
together during
pregnancy to
create a climate in
which depression
and anxiety
thrive, as well as
offering the many
effective*

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*treatments that
are available.*

*Discover: • How to
recognize the
signs and
symptoms of
depression—and
know when to
seek help • The
role of female
hormones: why
women are more*

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vulnerable to depression than men • How depression can “hide” behind physical complaints, such as back, stomach, or even chest pain • The unspoken connection between infertility

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and depression •

The

*antidepressant
controversy: the
facts on specific
drugs, their
safety—and when
medication is the
right choice •*

*Breastfeeding and
medication—the
risks and benefits*

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Plus helpful self-tests and resources, information on alternative treatment options—from therapy to acupuncture—and much more. A work of daring and compassion,

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*Pregnancy Blues
challenges the
underlying
traditions and
beliefs
surrounding
pregnancy and
motherhood-and
explores how
those
misconceptions
have led to the*

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Pregnancy Guide
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*drastic
underdiagnosis
and
undertreatment of
depression during
pregnancy. A
must-read for
women and those
who love them,
Pregnancy Blues
is at once an
extraordinary*

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*roadmap to
healing and an
eye-opening
report on a
medical issue that
no woman can
afford to miss.
Originally written
in Marathi,
'Ayurveda Garbha
Sanskar' is a book
that serves as a*

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guide to a couple who are looking to start a family, starting out by getting pregnant, giving birth to a healthy child and nurturing the little one. The book comprehensively provides people everything that a

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person wants to know about conceiving, pregnancy and delivery to nurturing the little one for up to 2 years of age. Not simply a book laden with known-lectures, rather this book can be

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*seen as an
elaboration of
various ancient
Ayurvedic
practices that
leads to the
complete well-
being of the
mother and child's
physical, spiritual
and psychological
health. It also*

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advises on the traditional herb mixes, yoga, music and mantras that the new-mothers or the mothers-to-be may find helpful. Besides, this book also charts a nutritious Ayurvedic diet-

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plan for the couples to detoxify their bodies and be healthy in the right sense of the term. Once a mother conceives, she must be able to nourish and condition the little one in her womb.

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Likewise, this book also provides a month-by-month nutrition plan that helps in proper nourishment of the baby. Yoga and full-body herbal oil massages during pregnancy are also

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recommended for the mothers-to-be along with a list of health tonics prescribed in this book. In order to reach out to more people worldwide, this book has been translated in English, and is available in

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hardcover.

Kerri Louise is

Mean

Mommy! With her

fearless and

hilarious attitude

toward modern

motherhood,

comic Kerri Louise

tells all and never

holds back.

Truthful and

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funny, Mean Mommy is a practical and no-nonsense guide to raising kids. Like the baby wipe warmer you bought for \$29.95, Kerri knows you don't need another book about

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motherhood. But this book costs less and offers advice and laughter that will last way longer than the warm feeling on your baby's butt.

"Women want guidance when it comes to bringing

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up our little, spoiled rotten snot factories -- but it's too late to help our husbands," says Kerri. What we really want is Mean Mommy's frank, reassuring and uproarious approach to parenting. After

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all, Mean

*Mommies raise
the best kids!*

**YOU CAN GIVE
YOUR BABY A
GREATER CHANCE
FOR HEALTH AND
HAPPINESS—MON
THS BEFORE
BIRTH! A**

*pioneering
physician, Dr.*

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Thomas Verny, gives startling new evidence based on two decades of medical research. Your unborn baby is:

- Capable of learning
- Able to warn you of medical problems

you and your

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doctor may not be aware of

- *Able to hear and respond to voices and sounds—including music*
- *Sensitive to his parents' feelings about him*
- *Capable of responding to love*
- *An active, feeling human*

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being. The ways in which you respond to and care for your unborn child may affect his physical and emotional well-being for the rest of his life. The choices you make today about your child's birth may

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*make a vital
difference for
years to come.
You can prepare
your unborn baby
for a happy,
healthy life. This
remarkable book
will show you
how! A gift to
every loving,
caring parent. A*

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*book that will
change the
experience of
pregnancy and
childbirth forever!*

*Get Me Out: A
History of
Childbirth from
the Garden of
Eden to the Sperm
Bank*

All Things D

Page 32/263

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Ultrasound

Miraculous Me

*Intimate Stories of
Women*

*Experiencing the
Power and*

*Transformation of
Birth Plus a Guide
to Proactive Self
Care.*

A Doctor's

Answers to All

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Your Questions

Drugs in

Pregnancy and

Lactation

A practical and evidence-backed approach for improving egg quality and fertility— fully revised and updated in 2019. The latest scientific research reveals that egg

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quality has a powerful impact on how long it takes to get pregnant and the risk of miscarriage. Poor egg quality is in fact the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. Based on a vast array of scientific research, It Starts with the Egg

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provides a comprehensive program for improving egg quality in three months, with specific advice tailored to a variety of fertility challenges—including endometriosis, unexplained infertility, diminished ovarian reserve, PCOS, and recurrent miscarriage.

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With concrete strategies such as minimizing exposure to common toxins, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help

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you get pregnant
faster and deliver a
healthy baby.

What thoughts
crossed your mother's
mind the first time she
saw you? What
dreams did your
father hold in his
heart? Told from the
perspective of a baby
in utero whose
parents are seeing
the ultrasound picture

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for the first time. A colorful and inspiring way to instill the message that we are each wonderfully treasured and made. Fun Fact: In early spring 2013, while putting socks on her newest daughter's feet, the author Ruth spoke out loud, "Look at those toes, where will they go?" In a

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moment of sheer
inspiration, she
grabbed her eldest
daughter's Tinkerbell
notebook, and
between folding
laundry and
scrambling eggs,
wrote the manuscript
for this book.

The ultimate
pregnancy book from
one of India ' s top
gynaecologists

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You've decided to have a baby—and for the next nine months your questions won't stop. One of India's top gynaecologists and obstetricians—and a country specialist in managing high-risk pregnancies—has written the ultimate pregnancy book that covers every issue,

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answers all your questions and tells you exactly what to expect. • How to prepare your body for pregnancy • A trimester-wise account of what happens to your body, and what symptoms to look out for • All the tests for each trimester • What to eat and how to exercise •

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Falling ill during pregnancy • Dealing with high-risk pregnancies—including first-time older mothers • Labour and childbirth • What you should be asking your doctor

Writing in a tone that is warm, humorous, clear and no-fuss, Dr Salvi will lay all your anxieties and every question to rest. So

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you can put your feet
up and enjoy those
nine months!

www.drcorp.org

Based on a popular
course taught at the
Radiological Society
of North America's
Annual Meeting, this
book provides all the
essential information
for choosing the
appropriate imaging
examination and

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completing the imaging workup of a patient. Chapters are organized into parts according to the anatomical location of the clinical problems addressed. The authors guide the reader through the diagnostic evaluation, reviewing the indications for and the strengths and

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limitations of
ultrasound

imaging. Features:

Practical information
on the usefulness of
ultrasound,

nonimaging tests, or
other imaging

modalities, such as
CT and MR, for

evaluating each

clinical situation Clear

descriptions of

symptoms and

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differential diagnosis
Nearly 1,300 images
and photographs
demonstrating key
points A new chapter
on neonatal spinal
cord anomalies
Comprehensive and
up-to-date, this edition
is essential for
ultrasonographers,
radiologists,
residents, physicians,
nurses, and radiology

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assistants seeking the latest

recommendations for the effective use of ultrasonography.

Tales of Motherhood

Survival from the

Comedy Trenches

Pregnancy with Type

1 Diabetes

A Reference Guide to

Fetal and Neonatal

Risk

From Infertility to

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Natural Pregnancy
After Age 40

How the Science of
Egg Quality Can Help
You Get Pregnant
Naturally, Prevent
Miscarriage, and
Improve Your Odds in
IVF (Second Edition)
Pregnancy Day By
Day

PISA Take the Test
Sample Questions
from OECD's PISA

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Assessments

Fighting is the only way to survive. Single mom Ruby Lewis dreamed of becoming a ballerina. Instead of performing for the rich and famous, she's swinging her fists at girls twice her size in filthy underground fights. Begging for her next meal, she often thinks of the only boy she ever cared about. But

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*when he shows up at one
of her fights, she's not*

*ready to run into his
arms. Instead, she's*

*ready to go five rounds
with him in the ring.*

*Hoping to sign with one
of the biggest boxing
promoters in the country,*

*Kross Maxwell must
maintain a near-perfect*

*record. He can't afford
to lose any more bouts,*

but his head isn't in the

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ring. To get back in the game, he goes in search of the girl he walked away from, the one who still owns his heart. As Kross struggles for Ruby's attention, and Ruby strives to get her daughter out of foster care, they both must let go of the past if they want any chance to build a family. This book can be read as a standalone.

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ABOUT THE SERIES:

The Maxwell Series is about four brothers who are all about family, duty, honor, and will do anything to protect those they love. Be prepared for all the feels as Kade, Kelton, Kross, and Kody put their hearts on the line. For a better reading experience, it's recommended to read the books in order. 1. Dare

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to Kiss 2. Dare to Dream

*3. Dare to Love 4. Dare
to Dance 5. Dare to Live
6. Dare to Breathe 7.*

Dare to Embrace Topics:

*new adult, new adult
romance, family saga,
alpha male, family,
triplets, romance series,
sensual romance, kissing
books, s.b. alexander,
brothers, career, rockstar
romance, heartwarming
romance, love story,*

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*soulmate, contemporary
romance, angsty*

romance, long series,

swoon, all the feels,

heartwarming, steamy,

sexy, beach reads,

emotional, possessive

hero, family saga,

boxing, sports, sports

romance, second chance

romance, baby, mafia,

mob, feisty heroine.

The emphasis of the

manual is on rapid

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assessment and decision making. The clinical action steps are based on clinical assessment with limited reliance on laboratory or other tests and most are possible in a variety of clinical settings.

Confessions of a Surrogate for Celebrities is a Sizzling HOT tell-all from a former surrogate who secretly carried

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babies for some of the world's richest, most famous celebrities. Amidst great speculation about celebrities pretending to be pregnant, incidents with deflated "pregnant" bellies, and almost instantaneous body-back-after-baby results, Confessions of a Surrogate for Celebrities comes clean about which

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celebrities secretly hired surrogates to carry their babies, and lets the world in on the secret life of Celebrity Surrogates.

Confessions of a Surrogate for Celebrities gives dynamite clues that help us answer the questions we all knew we had, and lets us speculate about which celebrities only pretended to be pregnant. Get ready for

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*the shock of your life,
and BEWARE, because
this book will take down
some pretty big celebrities
and reveal their
pregnancy lies and
secrets!*

*An A-Z listing of drugs
by generic name. Each
monograph summarizes
the known and/or
possible effects of the
drug on the fetus. It also
summarizes the*

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known/possible passage of the drug into the human breast milk. A careful and exhaustive summarization of the world literature as it relates to drugs in pregnancy and laccation. Each monograph contains six parts: generic US name, Pharmacologic class, Risk factor, Fetal risk summary, Breast feeding summary,

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References

Pregnancy Blues

Free Chapter

Birth Partner 5th Edition

Brain Rules for Baby

Mama Has Hyperemesis

*Gravidarum (But Only
for a While)*

Rocky

*Counselling for Maternal
and Newborn Health
Care*

Managing type

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**1 diabetes
during
pregnancy is
an incredibly
overwhelming
yet rewarding
pursuit. It's
about so much
more than just
counting your
carbs and
getting**

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exercise. Due to constantly increasing hormones during pregnancy, your insulin needs constantly change, too. While no two women's

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**pregnancies
will be alike,
the timing of
those
anticipated
insulin
adjustments
will be
similar. In
this book,
Ginger Vieira
and Jennifer**

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**Smith, CDE &
RD, guide you
through
preparing for
pregnancy,
from
conception to
birth, and
through the
challenges of
managing your
blood sugars**

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during postpartum. **REVIEWS:**"

**Wow, there's
so much
information!**

**The first part
of the book,
Preparing for
Pregnancy, is
presented
quite well. It
gives a WWT1D**

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**all the
information
she needs to
prepare for
pregnancy.
But, I have to
say, having
lived
vicariously
through three
pregnancies I
think the**

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**Month-To-Month
guide is
brilliant. It
should be read
twice. First,
all at once,
to help a
woman plan and
prepare for
the different
stages of
pregnancy.**

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**Then, slowly,
as each phase
opens and each
experience
becomes as
emotional as
it is
physical. A
wonderful
guide. The
personal
testimonials**

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that close out
the book are a
very nice
touch."

-Victor Van
Beuren, Senior
Acquisitions
Director of
ADA Books "If
you have type
1 diabetes and
are

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**contemplating
having a baby,
before you do
anything-and
that means
anything at
all-make sure
you grab a
copy of
Pregnancy With
Type 1
Diabetes by**

Page 71/263

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**Ginger Vieira,
CHC, CPT and
Jennifer C.
Smith, RD,
CDE. The book
is subtitled
'Your Month-to-
Month Guide to
Blood Sugar
Management,'
but it's so
much more, it**

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will likely be referred to as 'the Type 1 pregnancy bible' before long."-Nancy Kaneshiro, DiabeticLifestyle .com"Ginger and co-author Jennifer Smith wanted to

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**create a guide
specifically
designed to
help women
with type 1
diabetes meet
those
challenges. As
mothers with
diabetes
themselves,
they know what**

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**it's like to
feel the fear
of being
pregnant while
managing
diabetes.
Ginger has
lived with
type 1
diabetes and
celiac disease
since 1999,**

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**has written
several books
about
diabetes, and
is part of the
editorial team
at DiabetesDai
ly.com. Jenny,
a Certified
Diabetes
Educator and
Registered**

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**Dietitian, has
lived with
type 1
diabetes since
1990 and works
as a diabetes
coach for
people across
the globe.**

**They will both
soon be
mothers of two**

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**children
(Ginger is
expecting her
second child
in May!).
Their book
Pregnancy with
Type 1
Diabetes is
not just an
informative
tool and**

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**resource, but
is also a
source of
personal
support,
encouragement,
and
inspiration
for all
mothers-to-be
with type 1 di
abetes."-Ameli**

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**a Dmowska,
diaTribe.org**

**From the
expert team
behind IT'S
PERFECTLY
NORMAL and
IT'S SO
AMAZING! comes
a book for
younger
children about**

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**their bodies –
a resource
that parents,
teachers,
librarians,
health care
providers, and
clergy can use
with ease and
confidence.
Young children
are curious**

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about almost everything, especially their bodies. And young children are not afraid to ask questions. What makes me a girl? What makes me a boy? Why are

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**some parts of
girls' and
boys' bodies
the same and
why are some
parts
different? How
was I made?
Where do
babies come
from? Is it
true that a**

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**stork brings
babies to
mommies and
daddies? IT'S
NOT THE STORK!
helps answer
these endless
and perfectly
normal
questions that
preschool,
kindergarten,**

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**and early
elementary
school
children ask
about how they
began. Through
lively,
comfortable
language and
sensitive,
engaging
artwork, Robie**

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**H. Harris and
Michael
Emberley
address
readers in a
reassuring
way, mindful
of a child's
healthy desire
for straightfo
rward
information.**

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Two

**irresistible
cartoon
characters, a
curious bird
and a
squeamish bee,
provide comic
relief and
give voice to
the full range
of emotions**

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**and reactions
children may
experience
while learning
about their
amazing
bodies. Vetted
and approved
by science,
health, and
child
development**

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**experts, the
information is
up-to-date, ag
e-appropriate,
and
scientifically
accurate, and
always aimed
at helping
kids feel
proud,
knowledgeable,**

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and comfortable about their own bodies, about how they were born, and about the family they are part of. I'd always hoped to have at least one

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**child. My hope
died as I
passed my 41st
birthday but I
conceived soon
after and gave
birth to a
beautiful
baby. The
pregnancy was
not aided by
fertility**

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**treatments
(though I had
tried Clomid
over a year
earlier). Was
it due to just
luck or did I
finally get
pregnant
because of
several
lifestyle**

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**changes I made
half a year
prior to
conceiving? I
made some
simple but
life-altering
changes
involving
nutrition,
walking
outdoors (for**

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**Vitamin D),
two short
fasts and the
practice of
two key yoga
positions at
home. My
monthly cycle
soon became
very regular
for the first
time in my**

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**life, my PMS
symptoms
disappeared
and my wish
for a baby
came true. The
first part of
this account
is about
intimate
relationships
as I tried to**

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**find love and
security in my
life. The rest
is more
specifically
about how my
biological
clock went
into hyper-
mode by age
35, about
meeting my**

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**husband at 37
and about my
three plus
years of
anxious
infertility
before
conceiving at
age forty-one.
I hope you
will also look
into some**

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**simple
lifestyle
changes before
(or even
during) your
trials with
fertility
treatments. I
am so grateful
as this really
seemed to help
me.**

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**An updated and
expanded
edition of
this
groundbreaking
book from the
bestselling
author of
Brain Rules
What's the
single most
important**

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**thing you can
do during
pregnancy?**

**What does
watching
television do
to a child's
brain? What's
the best way
to handle
temper
tantrums? In**

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**his
international
bestseller
Brain Rules,
Dr John Medina
showed us how
our brains
really work –
and why we
ought to
redesign our
workplaces and**

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**schools. Now,
in Brain Rules
for Baby, he
shares what
the latest
science says
about how to
raise smart
and happy
children from
ages zero to
five. In this**

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**updated
edition –
which includes
a new chapter
on sleep –
Brain Rules
for Baby
bridges the
gap between
what
scientists
know and what**

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**parents
practise.**

**Through
fascinating
and funny
stories,
Medina, a
developmental
molecular
biologist and
dad, unravels
how a child's**

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**brain develops
and offers
practical tips
for any
parent. You'll
learn what is
the best
predictor of
academic
performance
(and it's not
IQ!), why it's**

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**better to
praise effort
than
intelligence,
and what to
say to your
child when
emotions run
hot. What you
do right now –
before
pregnancy,**

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during pregnancy, and through the first five years – will affect your children for the rest of their lives. Brain Rules for Baby is an indispensable

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**guide for
anyone raising
a child.**

**Birth
Unhindered
It's Not the
Stork!
Hypnobirthing
Serenity
Updated With
New Material
What Every**

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**Woman Needs to
Know about
Depression
During
Pregnancy
Estrella 5x8
A Book about
Girls, Boys,
Babies,
Bodies,
Families and
Friends**

Page 109/263

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Since the original publication of *The Birth Partner*, partners, friends, relatives, and doulas have relied on Penny Simkin's guidance in caring for the new mother, from her last trimester through the early

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postpartum period.

Now fully revised
in its fifth edition,
The Birth Partner
remains the
definitive guide to
helping a woman
through labor and
birth, and the
essential manual
to have at hand
during the event.

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The Birth Partner
includes thorough
information on:

Preparing for labor
and knowing when
it has begun

Normal labor and
how to help the
woman every step
of the way

Epidurals and
other medications

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for labor Pitocin
and other means,
including natural
ones, to induce or
speed up labor
Non-drug
techniques for
easing labor pain
Cesarean birth
and complications
that may require it
Breastfeeding and

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newborn care and
much more For the
partner who
wishes to be truly
helpful in the
birthing room, this
book is
indispensable.

A childless mother
faces the
hollowing pain of
recurrent

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pregnancy loss
and overwhelming
disappointment.

When her faith
plummeted along
with the statistics
of ever having a
child, she refused
to accept defeat.
Deep within her
soul was an
undying dream of

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nurturing children
that compelled her
to make it a reality.
Journey with
Tanika, as she
goes from the
warm memories of
her grandmother's
house to the bitter
cold of the
mortuary in her
quest to have a

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family. You will be captivated by the depth of love that arises from the ashes of pain. You will experience her tears of despair. You will jubilantly celebrate the promise of new beginnings and accompany Tanika

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in mourning painful
endings. Most
importantly, you
will be encouraged
to live after the
pain of loss and to
love without
restraint. Building
A Family Breaks
My Heart will touch
your heart,
whether you have

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or have not
experienced the
unspeakable pain
of miscarriage,
pregnancy loss, or
stillbirth.

An Air Force wife
and mother of
identical twins,
Susanna teaches
sanity-saving
strategies to help

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parents handle the logistics of caring for multiples-even without having family nearby or hiring extra help. Sanity-saving topics include:*

Preparing for two babies-what parents really need to buy and

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where they can find it (without breaking the bank!)* Maternity wear for an expectant (and expanding) mom of two* Bed rest, labor, delivery, and the possibility of preemies*

Breastfeeding

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twins-yes, it can be
done!* Sleep-how
to get it sooner
rather than later*
The daily routine-
the sanity-saving
details that new
parents crave
about how they will
successfully
manage caring for
two babies. With a

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master's degree in
education and
experience as a
second grade and
fifth grade teacher,
Susanna
understood how to
manage a
classroom, but
found few
resources on how
to manage caring

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for two infants.

Twin Sanity

provides soothing
encouragement to
new and expectant
parents of twins,
both through
practical, research-
based how-tos and
"I've been there,
thought that,
you're not going

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crazy" journal
excerpts from
when the author
was an expectant
mother of twins,
herself."Susanna's
book was my go-to
survival guide my
first year of twin
mommyhood."

-Julie-Rose

Tedrick"I wish I'd

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had this book
when my twins
were born! This is
the best advice
book for twins that
I've seen. I highly
recommend this
book for any mom
(or dad) expecting
twins!" -Ellengray
Schroeder
For a Safe and

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Healthy Birth...

Your Way! Giving
Birth with

Confidence will
help take the
mystery out of
having a baby and
help you better
understand how
your body works
during pregnancy
and childbirth,

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giving you the
confidence to
make decisions
that best ensure
the safety and
health of you and
your baby. Giving
Birth with
Confidence is the
first and only
pregnancy and
childbirth guide

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written by Lamaze International, the leading childbirth education organization in North America. Written with a respectful, positive tone, the full version of this book presents: • Information to help

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you choose your
maternity care
provider and place
of birth • Practical
strategies to help
you work
effectively with
your care provider
• Information on
how pregnancy
and birth progress
naturally • Steps

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you can take to
alleviate fear and
manage pain
during labor • The
best available
medical evidence
to help you make
informed decisions
Previously titled
The Official
Lamaze Guide,
this 3rd edition has

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updated

information on: •

How vaginal birth,
keeping mother
and baby together,
and breastfeeding
help to build the
baby ' s

microbiome. • How
hormones naturally
start and regulate
labor and release

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endorphins to help
alleviate pain. •

Maternity-care
practices that can
disrupt the body ' s
normal functioning.

• The latest
recommendations
on lifestyle issues
like alcohol,
vitamins, and
caffeine. • Room

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sharing and
cosleeping: the
controversy,
recommendations,
and safety
guidelines. • Out-of-
hospital births are
on the rise: New
research and
advice on planned
home birth,
including ACOG 's

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revised guidelines,
which support
women ' s choices
and promote
seamless transfer
to hospital, if
needed. • The
importance of
avoiding
unnecessary
caesareans for
mother and child.

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Includes the new ACOG guidelines on inductions and active labor. • The research in support of the Lamaze International 's “ Six Healthy Birth Practices, ” which are: • Let labor begin on its own. •

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Walk, move around, and change positions throughout labor. • Bring a loved one, friend, or doula for continuous support. • Avoid interventions that aren't medically necessary. • Avoid giving birth on your

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back and follow
your body ' s urges
to push. • Keep
mother and baby
together—it ' s best
for mother, baby,
and breastfeeding.
Giving Birth with
Confidence
how to raise a
smart and happy
child from zero to

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five
In Hindi

A Complete Guide
to Childbirth for
Dads, Partners,
Doulas, and All
Other Labor
Companions
A Practical
Approach to
Clinical Problems
A How-To Guide
for New and

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Expectant Mothers
of Twins

Pachinko (National
Book Award
Finalist)

Every Family Has
One

Once upon a time,
I viewed the Air
Force as my
personal
entertainment and

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dating service. I
was a hard-
charging, well-
paid, impeccably-
educated, high-
functioning, award-
winning
anesthetist and
clinical instructor of
anesthesia as well
as an Air Force
captain on my way

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to becoming a colonel in record time. Beyond that, I worked in a highly specialized area of the military, dabbling in the shadowy world behind the scenes in places some have never heard of, in situations

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that rarely make
the nightly news.
Known by
important people, I
was a guy who
could "get 'er
done" no matter
what the order or
mission at hand.
On call twenty-four
hours a day, I
never knew when

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my next mission
would be called.

One moment in the
operating room in
San Antonio, the
next on a plane
bound for some
unnamed location
for reasons I
wasn't privy to.

Leaving my strict
Baptist upbringing

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behind, I was living
my dream of
becoming a "hero,"
while fueling my
ever burgeoning
need for newness
and more, sleeping
my way around the
world with no rules
and no
conscience. One
woman, my

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childhood image of
the "girl next door,"
changed all that.

We met in the
back anesthesia
hallway at Wilford
Hall U.S. Air Force
Medical Center.

She, a mere first
year

anesthesiology
resident. Me, a

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superstar staff
nurse anesthetist.
Despite her lowly
position, she was
clearly the kindest
and sexiest
woman I'd ever
met. Within a
month of our first
date, I chose to
forego my
aspirations of

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military glory and
"settle down."

However, soon
after Joan and I
married, I felt
trapped. Trapped
by what I
recognized as the
mundane life of my
parents. Trapped
by Joan's desire to
bear a child.

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Trapped to the point that I began fantasizing about her death. Then came the call.

Twenty-five weeks into her pregnancy, Joan was diagnosed with leukemia. In the blink of an eye, I was transformed

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from my own
personal cynosure
to the husband of
the pregnant lady
with cancer,
caretaker,
guardian of my
wife and
daughter's lives,
and reluctant chief
decision maker on
how to reconcile

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my desperate
desire for her to
live with her
disdain for life
support measures.
This story depicts
not only the battle
against cancer
faced by Joan and
our unborn child,
but also my own
attempt to move

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past earlier
misdeeds,
desperately
praying for a
miracle, hoping
that, despite my
sins, God would
deign to save the
woman and child I
loved. Written from
the perspective of
a former military

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true believer who
turned his back on
dreams of glory,
chose love, and
became a
(hesitant)
husband, then
single father,
Broken Road: A
Widower' is similar
to Nadia Bolz-
Weber's

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Accidental Saints
and Anne Lamott's
Small Victories:
Spotting
Improbable
Moments of Grace.
It seeks to find
goodness in the
most unlikely of
places and
characters - me.
"[An] engrossing

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survey of the
history of
childbirth."

□Stephen Lowman,
Washington Post
Making and having
babies□what it
takes to get
pregnant, stay
pregnant, and
deliver□have
mystified women

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and men

throughout human history. The insatiably curious Randi Hutter Epstein journeys through history, fads, and fables, and to the fringe of science. Here is an entertaining must-read an

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enlightening
celebration of
human life.

Dear future mom,
how many times
have you heard
negative stories
about other
women's birth
experiences? Your
mother, your aunt,
your sister, your

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girlfriend!

Everyone has a horror story to share about giving birth! The result is that you convince yourself that birth is associated with excruciating pain. What a false belief! What a disastrous belief!

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Disastrous for yourself and the little angel that you'll bring to this world. Fear makes your body become tense which then prohibits it from performing a normal physiological function. And then

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pain. And more
pain. And the pain
starts to get
unbearable. And
stress. And
anxiety. Giving
birth turns into a
long nightmare.
And then, the knife
intervention! Why
should it be like
that? Giving birth

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should be a pleasant process. The most beautiful process in this life. Your body is naturally designed to give birth. Do I have to say that? Isn't that obvious? Now, do you think that it's only you that you suffer? Do

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you think that a
such a painful
process affects
only you? NO! All
this anxiety and
fear pass on to
your little angel. A
newborn infant
may later display a
variety of long-
term effects as
older children,

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including an altered response to pain and an exaggerated physiological response to stress, new research shows. I'm not here to freak you out even more. No. I'm here to explain the way to avoid

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all this. I will show you that there is a secret to a calm and effortless birth without any problems. That's hypnobirthing. Hypnobirthing will enable you to work with your body, which as I said is naturally designed

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to give birth. It will
release your fear
and negativity and
replace it with calm
confidence, so you
can enjoy this
amazing
experience of not
only giving birth
but the whole
pregnancy
experience. I will

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teach you how to

- 1) experience less pain
- 2) feel more confident
- 3) learn how to breath the right way
- 4) visualise
- 5) enter into self-hypnosis

You will also get access to a new chapter with easy tips so you are in

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control throughout
your pregnancy.

And if you live in
UK, I will direct you
to the right

specialists where
you can attend the
right classes. A

last word. I will say
it for the third time.

Your body is
designed to give a

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calm, natural birth.
You don't have to
put any effort. You
have to just relax
and enjoy it. This
is a book for you
and all the future
moms. With love,
Dr. Melissa Keane
Standards for the
design of interior
spaces should be

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based on the
measurement of
human beings and
their perception of
space, with special
consideration for
disabled, elderly,
and children

The Pregnancy
Handbook for
Indian Moms
A Handbook for

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Building Skills

A Widower's

Journey

Mayo Clinic Guide

to a Healthy

Pregnancy

प्रेग्नेन्सी गाइड
एक विधवा के

यात्रे के लिए

Pregnancy The

Complete

Childbirth Book

It Starts with the

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Egg

PREGNANCY is that wonderful occasion in life, too precious to be disrupted by irrational fears or unnecessary apprehensions caused by the lack of simple, reliable information. This

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book will tell you
all about
childbirth,
answering
questions about
weight gain,
proper diet,
exercises,
breathing
patterns, positions
to adopt during
labour, and

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postnatal care of
both yourself and
the baby.

Scientific and
reliable, the book
also offers
invaluable, time-
tested home
remedies.

On the run from
her husband's
killers, there is

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only one man who
can help her

now...her Rock.

Maggie has been
running for
months. At the

end of her rope,
she finally seeks

the one man who
can help her.

Rocco Garibaldi a
grizzly shifter she

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knew in her youth.
She arrives on his
doorstep in labor
with twins.

Magical,
shapeshifting,
bear cub twins
destined to lead
the next
generation of
werecreatures in
North America.

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Rocky is devastated by the news of his Clan brother's death, but he cannot deny the attraction that has never waned for the small human woman who stole his heart a long time ago. Rocky

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absented himself from her life when she chose to marry his childhood friend, but the years haven't changed the way he feels for her. And now there are two young lives to protect. Rocky will

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do everything in his power to end the threat to the small family and claim them for himself. He knows he is the perfect Alpha to teach the cubs as they grow into their power... if their mother will let him love her as

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he has always
longed to do.

A New York Times
Top Ten Book of
the Year and
National Book
Award finalist,
Pachinko is an
"extraordinary
epic" of four
generations of a
poor Korean

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immigrant family
as they fight to
control their
destiny in 20th-
century Japan
(San Francisco
Chronicle). NEW
YORK TIMES
NOTABLE BOOK
OF 2017 * A USA
TODAY TOP TEN
OF 2017 * JULY

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PICK FOR THE PBS
NEWSHOUR-NEW
YORK TIMES BOOK
CLUB NOW READ
THIS * FINALIST
FOR THE
2018 DAYTON
LITERARY PEACE
PRIZE* WINNER OF
THE MEDICI BOOK
CLUB PRIZE
Roxane Gay's

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Favorite Book of
2017, Washington
Post NEW YORK
TIMES BESTSELLER
* #1 BOSTON
GLOBE
BESTSELLER * USA
TODAY
BESTSELLER *
WALL STREET
JOURNAL
BESTSELLER *

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WASHINGTON
POST BESTSELLER

"There could only be a few winners, and a lot of losers. And yet we played on, because we had hope that we might be the lucky ones." In the early 1900s, teenaged Sunja, the adored

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daughter of a
crippled
fisherman, falls for
a wealthy stranger
at the seashore
near her home in
Korea. He
promises her the
world, but when
she discovers she
is pregnant--and
that her lover is

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married--she
refuses to be
bought. Instead,
she accepts an
offer of marriage
from a gentle,
sickly minister
passing through
on his way to
Japan. But her
decision to
abandon her

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home, and to
reject her son's
powerful father,
sets off a dramatic
saga that will echo
down through the
generations.
Richly told and
profoundly
moving, Pachinko
is a story of love,
sacrifice,

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ambition, and
loyalty. From
bustling street
markets to the
halls of Japan's
finest universities
to the pachinko
parlors of the
criminal
underworld, Lee's
complex and
passionate

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characters--strong
, stubborn
women, devoted
sisters and sons,
fathers shaken by
moral
crisis--survive and
thrive against the
indifferent arc of
history. *Includes
reading group
guide*

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Fourteen-year-old Kathleen is walking home from a concert on a dark Liverpool night in 1974 when she's violently raped. The attacker, unimaginably, is her trusted parish priest. Terrified,

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Kathleen never tells her pious Catholic mother, and when she discovers she is pregnant, she pays a terrible price for her silence. Her mother believes Kathleen to be a fallen child and

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sends her to have
her ill-begotten
baby in Ireland.
Kathleen toils in a
notorious
Magdalene
Laundry, where
heartless nuns
dole out merciless
penance on
shamed girls.
Kathleen never

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recovers from her trauma, and years later she's become the overprotective, paranoid mother of a second child. Meanwhile, Faye, a widowed mother of three worries about her teenage son, Tim.

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He's increasingly withdrawn, but when several parcels are mysteriously delivered the shocking truth about what is going on in his life is slowly revealed. She turns to an old flame believing he

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is at the root of
Tim's problems
and as the couple
rekindles their
love, Tim's
troubles deepen.
Faye pours out her
sorrows in letters
to a friend, and
slowly, shocking
family secrets and
interwoven

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relationships
In Hindi

reveal themselves.

As it turns out,
Kathleen isn't the
only fallen one in
this story of love,
forgiveness, and
powerful family
ties. Every Family
Has One is the
anticipated sequel
to The Catholic

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Woman's Dying
Wish. It can be
read as a stand-
alone sequel.

Welcome Your
Little Angel in
Pure Peacefulness
Building a Family
Breaks My Heart
Pregnancy
Confessions of a
Surrogate for

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Celebrities

A Guide for

Midwives and

Doctors

Human Dimension

& Interior Space

A Source Book of

Design Reference

Standards

**What you need to
know to have the
best birth**

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**experience for
you. Drawing
upon her thirty-
plus years of
experience, Ina
May Gaskin, the
nation's leading
midwife, shares
the benefits and
joys of natural
childbirth by
showing women
how to trust in**

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**the ancient
wisdom of their
bodies for a
healthy and
fulfilling birthing
experience. Based
on the female-
centered
Midwifery Model
of Care, Ina
May's Guide to
Natural
Childbirth gives**

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**expectant
mothers**

**comprehensive
information on
everything from
the all-important
mind-body
connection to
how to give birth
without
technological
intervention.**

Filled with

Page 200/263

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**inspiring birth
stories and
practical advice,
this invaluable
resource
includes:•
Reducing the
pain of labor
without
drugs--and the
miraculous roles
touch and
massage play •**

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In Hindi
What really happens during labor • Orgasmic birth--making birth pleasurable • Episiotomy--is it really necessary? • Common methods of inducing labor--and which to avoid at all costs • Tips for

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**maximizing your
chances of an
unmedicated
labor and birth •
How to avoid
postpartum
bleeding--and
depression • The
risks of
anesthesia and
cesareans--what
your doctor
doesn't**

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**necessarily tell
you • The best
ways to work with
doctors and/or
birth care
providers • How
to create a safe,
comfortable
environment for
birth in any
setting, including
a hospital • And
much more Ina**

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**May's Guide to
Natural**

**Childbirth takes
the fear out of
childbirth by
restoring
women's faith in
their own natural
power to give
birth with more
ease, less pain,
and less medical
intervention.**

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**This new edition
is a
comprehensive
guide to
recurrent
pregnancy loss
for practising
gynaecologists.
Divided into ten
sections, the
book begins with
a brief overview
of the topic,**

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**followed by
discussion on the
different causes
of pregnancy loss
- genetic,
endometrial,
systemic,
anatomical and
infections. The
next sections
discuss
management
options, the role**

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**of ultrasound,
and failed**

**pregnancy. The
third edition has
been fully revised
and expanded to
bring clinicians
fully up to date
with the latest
advances in the
field. Newer
treatment options
are covered in**

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depth and the latest diagnostic recommendations from the RCOG (UK) as well as the ACOG (US) are included. Authored by a team of internationally recognised experts, the text is enhanced by

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clinical

**photographs and
diagrams, and
features a**

**comprehensive
appendix section
for further**

reference. Key

**points Fully
revised, third
edition**

**presenting latest
knowledge in**

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recurrent

pregnancy loss

Covers newer

treatment options

and latest

diagnostic

recommendations

from RCOG and

ACOG Authored

by internationally

recognised team

of experts

Previous edition

Page 211/263

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(9788184480061)
published in 2007

**Pregnancy is a
wonderful
occasion in life,
too precious to be
disrupted by
irrational fears or
unnecessary
apprehensions
caused by the
lack of simple,
reliable**

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information. The book will tell you all about childbirth - answering questions about weight gain, proper diet, exercise, breathing patterns, positions to adopt during labour,

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**and postnatal
care of both
yourself and the
baby. Scientific
and reliable, the
book also offers
invaluable time-
tested home
remedies.**

**About this book
No more powerful
transformation is
available to a**

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**woman than that
of the unhindered
birth of her child.
As a woman's
body opens to the
life of her baby,
so too is she
opened to the
rawness and
beauty of woman-
hood. At the
culmination of an
unhindered**

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**pregnancy and
birth, a woman is
left with an
increased sense
of strength and
confidence as a
woman and a
mother. This
often fearful and
dreaded event of
childbirth is
largely
misunderstood**

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**and shrouded in
mystery. The
harmful routines
and common
procedures
performed during
pregnancy, labor
and birth more
often than not
strip the mother
of her ability and
right to birth
spontaneously**

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**and with the joy
and love possible.
By lessening fear
and increasing
awareness, a
woman is able to
come through her
journey of natural
childbirth as a
new and stronger
woman and
mother. The book
Birth Unhindered**

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**will help increase
confidence, peace
and acceptance of
this
transformative
time in life as
well as allow the
reader to
participate in the
journeys of other
women just like
her. Tara
McGuire is a**

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**speaker and
author on the
topics of
pregnancy, birth,
personal growth
and
empowerment.
She has a history
as a Certified
Childbirth
Educator and
CCE Trainer
through Birth**

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Works(c) Inc., as well as acting as a birth attendant. Currently, Tara co-owns and operates Epidavros Center for Wellbeing and Epidavros Yoga Studio with her husband, Don. In addition to these activities, Tara is

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**a home-schooling
mother of four
children and
surrogate mother
to one.**

**Dare to Dance
The Secret Life of
the Unborn Child
Sample Questions
from OECD's
PISA Assessments
The Art and
Science of**

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In Hindi
Pregnancy
Managing
Complications in
Pregnancy and
Childbirth
Mean Mommy
Wishing for a
Baby

This book
presents all
the publicly
available
questions from

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the PISA surveys. Some of these questions were used in the PISA 2000, 2003 and 2006 surveys and others were used in developing and trying out the assessment.

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Small print
edition

5x8Starkishia:

Estrella is a story about a little girl who grew up too fast to feel the grass wear thin under the soles of her shoes. Abuse thickened her

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skin, yet her
nightmares were
as dark as they
were real. The
library became
her sanctuary
where stories
took her to
another place
and time. But,
in reality
there was
nothing

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imaginary about
the bruises
under her
clothing as she
advanced from
one classroom
to another
during middle
school, or
nothing
fictitious
about being
molested by the

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maggot hands of
a despicable
relative. Her
plight was
hidden in a
small town in
Georgia, just
as her physical
abuse was
disregarded by
the school's
social worker.
This colored

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child was brought into this world by her 14 year old mother who was ruthlessly dominated by her husband. Starkishia loved her mother above all else; her step-father who

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provided
shelter for
them witnessed
her birth and
helped raise
her. She
consumed pieces
of joy, but
sometimes she
received broken
reprisals and
ended up
walking down

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the dark road
alone; yet in
some fortunate
way humanity
was always
within reach.

After her
parents split
up, Starkishia
and her family
ended up in
Texas. Single
parenthood

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changed their family structure forevermore. Starkishia became a wage earner at age 13; she also became homeless the following year. She was, for years, engulfed by her

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impoverished
and
dysfunctional
environment.
She married a
native of
Mexico a few
days after her
15th birthday.
He nicknamed
her 'Estrella'
a Spanish term
which means

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In Hindi
'Star.' It goes
without saying
that Starkishia
was born in the
land of
opportunity,
but it was not
exactly within
her reach. Yes,
she was her
grandmother's
star, but she
was a statistic

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of minimal proportions as far as small town and suburbia America was concerned. Shortly after marriage, she became a mother. Afterward the life of this

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teen went downhill at lightning speed. Many readers will identify with her; for, she walked away from her husband broken hearted; then, she fell in love with

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another man,
and as new
babies arrived,
she took her
limited funds
and focused on
the lives of
those under her
roof; in time,
her parental
absence to her
oldest two
children turned

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flat out into
abandonment.
Have mercy!
Starkishia was
a lost teen,
but through
grace she
eventually
became a
productive
woman in
American
society.

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Meredith Etc.,
a small press,
proudly
introduces
readers to
Starkishia:
Estrella, a
story about the
perils of teen
parenthood,
economic
dispossession,
and the charity

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of new beginnin
gs.Meredith
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sition
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Mississippi, US
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c.com
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description to

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come.

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Through Mama's
severe case of
hyperemesis
gravidarum
Little Bunny
learns
perseverance
and hope.

Your Month-To-
Month Guide to
Blood Sugar
Management

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Starkishia

Those are My

Private Parts

Recurrent

Pregnancy Loss

Ina May's Guide

to Childbirth

Broken Road

AYURVEDIC

GARBHA SANSKAR

The complete

guide to

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pregnancy, day-

in Hindi
by-day No

other

pregnancy book

provides this

level of

detail, allied

with such

extraordinary

photographs,

3D scans and

illustrations

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*which reveal
in
unprecedented
clarity
exactly what
is happening
to you and
your baby
every single
day. From
early fetal
development to*

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*how your
hormones*

*prepare you
for birth,
learn from
world-class
experts. Plus,
obstetricians,
midwives and
parents advise
on your baby's
development,*

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medical
In Hindi

*matters, your
changing body,
diet, fitness
and much more.
A special hour-
by-hour
rundown of
what to expect
during and
immediately
after birth,*

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*plus further
reassurance
for the first
two weeks of
your baby's
life, will
give a helping
hand through
the
culmination of
your
pregnancy,*

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*from pain
relief to
those first
intimate and
unique moments
between you
and your
child.*

*The main aim
of this
practical
Handbook is to*

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*strengthen
counselling
and
communication
skills of
skilled
attendants
(SAs) and
other health
providers,
helping them
to effectively*

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*discuss with
women,
families and
communities
the key issues
surrounding
pregnancy,
childbirth,
postpartum,
postnatal and
post-abortion
care. The MNH*

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***Counselling
Handbook is
chiefly
designed to be
used by groups
of SAs with
the help of a
facilitator.
It can also be
used by
individual SAs
who can get***

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*together with
colleagues for
discussions
and activities
where needed.
It relies on a
self-directed
learning
approach,
allowing SAs
to work at
their own*

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*pace, drawing
on their past
counselling
experience.*

*The way it is
used will be
determined by
each country s
context, and
the SAs
preference.*

The MNH

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Counselling Handbook is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general

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*layout of the
Handbook. Part
2 describes
the
counselling
process and
outlines the
six key steps
to effective
counselling.
It explores
the*

Where To
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*counselling
context and
factors that
influence this
context
including the
socio-
economic,
gender, and
cultural
environment. A
series of*

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guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics,

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*including
general care
in the home
during
pregnancy;
birth and
emergency
planning;
danger signs
in pregnancy;
post-abortion
care; support*

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*during labour;
postnatal care
of the mother
and newborn;
family
planning
counselling;
breastfeeding;
women with
HIV/AIDS;
death and
bereavement;*

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*women and
violence;
linking with
the community.
Each Session
contains
specific aims
and
objectives,
clearly
outlining the
skills that*

Where To
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*will be
developed and
corresponding
learning
outcomes.
Practical
activities
have been
designed to
encourage
reflection,
provoke*

Where To
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*discussions,
build skills
and ensure the
local
relevance of
information.
There is a
review at the
end of each
session to
ensure the SAs
have*

Where To
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*understood the
key points
before they
progress to
subsequent
sessions.
Twin Sanity*