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What To Expect When Your Demon Slayer Is Expecting Biker Witches Mystery Book 8

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Provides advice on all aspects of infant care from the members of the American Academy of Pediatrics, discussing such topics as behavior, growth, immunizations,

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and safety.

The Simplest Baby Book
in the World is the
illustrated grab-and-do
guide for a new
generation of first-time
parents who want their

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information quick,
concise, and practical.

It makes raising a baby
simpler by curating and
distilling all the first-
year baby basics down to
their essentials. You

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will quickly and easily
find simple solutions
and have proven
techniques at your
fingertips when you need
them the most whether
it's 2 a.m. or 2 p.m.

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'The thing about having a second baby is it's likely to differ a lot from your first experience. Sarah Ockwell's Smith's guide looks at the challenges

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you might face along with some practical tips to consider. The book offers a friendly feel that reminds us issues and all, we'll be just fine' Mirror, Best Baby

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Books for Parents 2020
Having a second baby is
a very different
experience from having
your first, yet there is
little recognition of
the wide range of issues

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that need to be considered when bringing a second child into the family. In this incredibly helpful book, Sarah Ockwell-Smith helps parents feel more

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positive and prepared
for life with two
children. The book
begins with the obvious
question: when is the
right time to add
another member to the

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family? It then goes on to examine the specific issues that can arise with a second pregnancy and birth; the common concerns about siblings, such as how to prepare

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your firstborn for
what's to come; how to
cope with the
practicalities of life
with two young children
(aka actually managing
to get anything done!);

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and the feelings parents are likely to

experience, too. The

Second Baby Book

examines all the

questions and issues

Sarah herself faced

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second time around, as well as sharing the experiences of the many parents who have sought her advice. It also highlights what scientific studies

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reveal about such issues as the spacing of children and the differences between first and second births. Practical, insightful and honest, this book

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will help you understand the challenges ahead

but, more importantly, it will equip you to meet them with knowledge, confidence and a sense of

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excitement for the
future.

What to Expect When
You're Expecting Workman
Publishing
Why the Conventional
Pregnancy Wisdom Is

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Wrong--and What You
Really Need to Know
What to Expect When
You're Expected to Teach
Gifted Students
Smart Health Choices
The Comprehensive

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Pregnancy Guide for
Today's Woman of Color
An Honest Guide to
Supporting the New Mom
in Your Life
Parenting Matters
Our Plus One

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This book aims to help consumers and practitioners develop the skills to assess health advice - and hopefully to make decisions that will improve the quality of their care. For some people, making better-informed decisions could be life saving. We hope that it will be

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useful if you are struggling to come to terms with an illness or injury, and the best ways of managing it. Or you may simply want to lead a healthier life, and may be wondering how to make sense of the often conflicting flood of health information that deluges us every

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day, through the media, and from our friends and health practitioners.

How organizations can foster diversity, equity, and inclusion: taking action to address and prevent workplace bias while centering women of color. Few

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would disagree that inclusion is both the right thing to do and good for business. Then why are we so terrible at it? If we believe in the morality and the profitability of including people of diverse and underestimated backgrounds in the workplace, why don't we do it?

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**Because, explains Ruchika
Tulshyan in this eye-opening book,
we don't realize that inclusion takes
awareness, intention, and regular
practice. Inclusion doesn't just
happen; we have to work at it.
Tulshyan presents inclusion best
practices, showing how leaders and**

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organizations can meaningfully promote inclusion and diversity. Tulshyan centers the workplace experience of women of color, who are subject to both gender and racial bias. It is at the intersection of gender and race, she shows, that we discover the kind of inclusion

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policies that benefit all. Tulshyan debunks the idea of the “level playing field” and explains how leaders and organizations can use their privilege for good by identifying and exposing bias, knowing that they typically have less to lose in speaking up than a

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woman of color does. She explains why “leaning in” doesn’t work—and dismantling structural bias does; warns against hiring for “culture fit,” arguing for “culture add” instead; and emphasizes the importance of psychological safety in the workplace—you need to

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know that your organization has your back. With this important book, Tulshyan shows us how we can make progress toward inclusion and diversity—and we must start now.

The Book of Questions for New Parents is a collection of 300

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questions and scenarios that will challenge you to explore yourself and your loved one as new parents of young children.

Written for partners, excited family and friends of women going through pregnancy for the first time, this book gives you a

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**backstage pass into the inner
workings of a mom-to-be. With**

**examples and quizzes, this is your
cheat sheet to understanding what
she might be going through, things
you need to be aware of, and
importantly, how you can support
her during this journey to**

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motherhood.

The Second Baby Book

**What to Expect when Your Wife is
Expanding**

**A Modern Guide to Pregnancy,
Birth, Early Motherhood—and**

Trusting Yourself and Your Body

Mayo Clinic Guide to Your Baby's

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First Years

**The Simplest Baby Book in the
World**

**What to Expect When Your Humans
Are Expecting
Cribsheet**

Your guide to the emotions of
pregnancy and early motherhood, from

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two of America's top reproductive psychiatrists. When you are pregnant, you get plenty of advice about your growing body and developing baby. Yet so much about motherhood happens in your head. What everyone really wants to know: Is this normal?

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-Even after months of trying, is it normal to panic after finding out you're pregnant? -Is it normal not to feel love at first sight for your baby? -Is it normal to fight with your parents and partner? -Is it normal to feel like a breastfeeding failure? -Is it normal to

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be zonked by "mommy-brain?" In *What No One Tells You*, two of America's top reproductive psychiatrists reassure you that the answer is yes. With thirty years of combined experience counseling new and expectant mothers, they provide a psychological and

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hormonal backstory to the complicated emotions that women experience, and show why it's natural for "matrescence"—the birth of a mother—to be as stressful and transformative a period as adolescence. Here, finally, is the first-ever practical guide to help

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new mothers feel less guilt and more self-esteem, less isolation and more kinship, less resentment and more intimacy, less exhaustion and more pleasure, and learn other tips to navigate the ups and downs of this exciting, demanding time

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Some things about babies, happily, will never change. They still arrive warm, cuddly, soft, and smelling impossibly sweet. But how moms and dads care for their brand-new bundles of baby joy has changed—and now, so has the new-baby bible. Announcing the

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completely revised third edition of What to Expect the First Year. With over 10.5 million copies in print, First Year is the world's best-selling, best-loved guide to the instructions that babies don't come with, but should. And now, it's better than ever. Every

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parent's must-have/go-to is completely updated. Keeping the trademark month-by-month format that allows parents to take the potentially overwhelming first year one step at a time, First Year is easier-to-read, faster-to-flip-through, and new-family-friendlier than

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ever packed with even more practical tips, realistic advice, and relatable, accessible information than before.

Illustrations are new, too. Among the changes: Baby care fundamentals—crib and sleep safety, feeding, vitamin supplements—are revised to reflect the

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most recent guidelines. Breastfeeding gets more coverage, too, from getting started to keeping it going. Hot-button topics and trends are tackled: attachment parenting, sleep training, early potty learning (elimination communication), baby-led weaning,

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and green parenting (from cloth diapers to non-toxic furniture). An all-new chapter on buying for baby helps parents navigate through today's dizzying gamut of baby products, nursery items, and gear. Also new: tips on preparing homemade baby food, the

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latest recommendations on starting solids, research on the impact of screen time (TVs, tablets, apps, computers), and "For Parents" boxes that focus on mom's and dad's needs. Throughout, topics are organized more intuitively than ever, for the best user experience

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possible.

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"What a gift to new and expecting
moms. You have no idea the mountain
and rollercoaster you're about to
embark on, but Nurture somehow gives
you a peek in and gives you essential
information to help ground you."

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¶ Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more

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integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks.

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This empowering book includes: □ Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. □ More than 40 charming and helpful

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illustrations, charts, and lists can be found throughout. □ Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to

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expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is

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a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant

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inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

NEW YORK TIMES BESTSELLER

The complete, uncensored history of

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the award-winning *The Daily Show* with Jon Stewart, as told by its correspondents, writers, and host. For almost seventeen years, *The Daily Show* with Jon Stewart brilliantly redefined the borders between television comedy, political satire, and

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opinionated news coverage. It launched the careers of some of today's most significant comedians, highlighted the hypocrisies of the powerful, and garnered 23 Emmys. Now the show's behind-the-scenes gags, controversies, and camaraderie will be chronicled by

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the players themselves, from legendary host Jon Stewart to the star cast members and writers-including Samantha Bee, Stephen Colbert, John Oliver, and Steve Carell - plus some of The Daily Show's most prominent guests and adversaries: John and Cindy

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McCain, Glenn Beck, Tucker Carlson, and many more. This oral history takes the reader behind the curtain for all the show's highlights, from its origins as Comedy Central's underdog late-night program to Trevor Noah's succession, rising from a scrappy jester in the

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24-hour political news cycle to become part of the beating heart of politics-a trusted source for not only comedy but also commentary, with a reputation for calling bullshit and an ability to effect real change in the world. Through years of incisive election coverage,

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passionate debates with President Obama and Hillary Clinton, feuds with Bill O'Reilly and Fox, and provocative takes on Wall Street and racism, *The Daily Show* has been a cultural touchstone. Now, for the first time, the people behind the show's seminal

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moments come together to share their memories of the last-minute rewrites, improvisations, pranks, romances, blow-ups, and moments of Zen both on and off the set of one of America's most groundbreaking shows.

The Fourth Industrial Revolution

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What to Expect When Your Child
Leaves for College

Grown and Flown

Black, Pregnant and Loving It

What to Expect the First Year

An Oral History as Told by Jon

Stewart, the Correspondents, Staff and

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Guests

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Mayo Clinic Guide to a Healthy
Pregnancy

Between the 18th and 19th
centuries, Britain experienced
massive leaps in technological,
scientific, and economical

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advancement

Book description to come.

Originally published in New York by
Atria Books, 2013.

UPDATED EDITION 2018 The first
six months with a new baby is a
special and exciting time full of

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milestones and new experiences.

This updated edition of Your Baby
Week by Week explains the
changes that your baby will go
through in their first six months.

Each chapter covers a week of their
development so you ' ll know when

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your baby will start to recognize you, when they ' ll smile and laugh for the first time and even when they ' ll be old enough to prefer some people to others! Paediatrician Dr Caroline Fertleman and health writer Simone Cave ' s practical

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guide provides reassuring advice so you can be confident about your baby ' s needs. Including: - How to tell if your baby is getting enough milk - Spotting when you need to take your baby to the doctor - Identifying why your baby is crying -

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How long your baby is likely to sleep and cry for - Tips on breastfeeding and when to wean your baby Full of all the information and tips for every parent Your Baby Week by Week is the only guide you ' ll need to starting life with your

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new arrival.

The Ultimate Baby Book for New
Dads

Everything You Need to Know
about Your Baby--from Birth to Age
Two

The Baby Book

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Month to Month

Your Baby's First Year

A Handbook for Building Skills

Your Baby Week By Week

The What to Expect Pregnancy

Journal is a unique and

personalized approach for pregnant

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women. A must have book for parents to be. The What to Expect Pregnancy Journal ultimately helps you keep track of your experience throughout the pregnancy. This is the best and simplest pregnancy Journal for all mothers to be who

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wants something to work with to document your every memory for you and your bundle of joy. A notebook/diary will be a wonderful way to document the process of your pregnancy journey. You can describe the ups and downs of the

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transition as you begin The What to Expect Pregnancy Journal to share the memories with your little one as they get older.

What to Expect When You're Expected to Teach Gifted Students is a practical, easy-to-read guide

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that:

“After years of debate and inquiry, the key to a great marriage remained shrouded in mystery. Until now...” –Carol Dweck, author of *Mindset: The New Psychology of Success* Eli J. Finkel's insightful

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and ground-breaking investigation of marriage clearly shows that the best marriages today are better than the best marriages of earlier eras. Indeed, they are the best marriages the world has ever known. He presents his findings

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here for the first time in this lucid,
inspiring guide to modern marital
bliss. The All-or-Nothing Marriage
reverse engineers fulfilling
marriages—from the “traditional” to
the utterly nontraditional—and
shows how any marriage can be

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better. The primary function of marriage from 1620 to 1850 was food, shelter, and protection from violence; from 1850 to 1965, the purpose revolved around love and companionship. But today, a new kind of marriage has emerged, one

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oriented toward self-discovery, self-esteem, and personal growth. Finkel combines cutting-edge scientific research with practical advice; he considers paths to better communication and responsiveness; he offers guidance

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on when to recalibrate our expectations; and he even

introduces a set of must-try “lovehacks.” This is a book for the newlywed to the empty nester, for those thinking about getting married or remarried, and for anyone

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looking for illuminating advice that
will make a real difference to
getting the most out of marriage
today.

Cuts through the confusion
surrounding pregnancy and birth by
debunking dozens of myths that

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mislead parents, offering explanations of medical terms, and covering a variety of issues including prenatal care, birth defects, and amniocentesis. What to Expect When You're Expecting Pregnancy Journal

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What to Expect When the New
Baby Comes Home

Expecting Better

The ultimate guide to caring for
your new baby - FULLY UPDATED

JUNE 2018

The Daily Show (The Book)

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A Guide to Your Emotions from
Pregnancy to Motherhood

How the Best Marriages Work
PARENTING NEVER ENDS. From
the founders of the #1 site for
parents of teens and young adults
comes an essential guide for

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building strong relationships with your teens and preparing them to successfully launch into adulthood
The high school and college years: an extended roller coaster of academics, friends, first loves, first break-ups, driver's ed, jobs,

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and everything in between. Kids are constantly changing and how we parent them must change, too. But how do we stay close as a family as our lives move apart? Enter the co-founders of Grown and Flown, Lisa Heffernan and

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Mary Dell Harrington. In the midst of guiding their own kids through this transition, they launched what has become the largest website and online community for parents of fifteen to twenty-five year olds. Now

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they've compiled new takeaways and fresh insights from all that they've learned into this handy, must-have guide. Grown and Flown is a one-stop resource for parenting teenagers, leading up to—and through—high school and

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those first years of independence. It covers everything from the monumental (how to let your kids go) to the mundane (how to shop for a dorm room). Organized by topic—such as academics, anxiety and mental health, college life—it

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features a combination of stories, advice from professionals, and practical sidebars. Consider this your parenting lifeline: an easy-to-use manual that offers support and perspective. Grown and Flown is required reading for

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anyone looking to raise an adult with whom you have an enduring, profound connection.

Answers children's questions about what new babies look like, what they do and don't do, and what having one around the house

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will really be like.

The Only Month-By-Month
Pregnancy Guide for Black
Women Let's face it: Not all
pregnancies are created equal.
African American women are at a
higher risk for complications such

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as hypertension, asthma and preterm birth. That's why Dr. Suzanne Greenidge-Hewitt and Yvette Allen-Campbell wrote this must-have pregnancy guide for women of color. Suzanne has over 26 years of experience as a board-

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certified obstetrician and gynecologist, and Yvette is a leader in education. Together they walk you through the multiple stages of pregnancy, advise on how to best avoid common health issues and dispel rumors, all with

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authority and personality. With month-by-month overviews, soul food recipes beneficial to pregnant women, checklists for doctor visits, a play-by-play of delivery options and even tips for keeping the romance alive, this

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book has everything you'll need for the next 9 months and beyond. With all your questions answered and all your fears laid to rest, Black, Pregnant and Loving It will allow you to enjoy your pregnancy and go on to deliver the beautiful

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baby you've been waiting for.

“A remarkable book . . . I found myself thinking that all expectant and new parents should read it.”

—Michelle Slater A New York Times Book Review Editors' Choice In Raising a Rare Girl,

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Lanier explores how to defy the tyranny of normal and embrace parenthood as a spiritual practice that breaks us open in the best of ways. Like many women of her generation, when Heather Lanier was expecting her first child she

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did everything by the book in the hope that she could create a SuperBaby, a supremely healthy human destined for a high-achieving future. But her daughter Fiona challenged all of Lanier's preconceptions. Born

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with an ultra-rare syndrome known as Wolf-Hirschhorn, Fiona received a daunting prognosis: she would experience significant developmental delays and might not reach her second birthday. The diagnosis obliterated Lanier's

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perfectionist tendencies, along with her most closely held beliefs about certainty, vulnerability, God, and love. With tiny bits of mozzarella cheese, a walker rolled to library story time, a talking iPad app, and a whole lot of pop

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and reggae, mother and daughter
spend their days doing whatever it
takes to give Fiona nourishment,
movement, and language. Loving
Fiona opens Lanier up to new
understandings of what it means
to be human, what it takes to be a

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mother, and above all, the aching joy and wonder that come from embracing the unique life of her rare girl.

2nd Edition Revised and Updated
Nurture
It's Time for Your Checkup

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Your Pregnancy and Childbirth
The All-or-Nothing Marriage

How to Support Your Teen, Stay
Close as a Family, and Raise
Independent Adults

Expect the Best

Decades of research have

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*demonstrated that the parent-
child dyad and the
environment of the
familyâ€™"which includes all
primary caregiversâ€™"are at
the foundation of children's
well- being and healthy*

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development. From birth, children are learning and rely on parents and the other caregivers in their lives to protect and care for them. The impact of parents may never be greater than during the

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earliest years of life, when a child's brain is rapidly developing and when nearly all of her or his experiences are created and shaped by parents and the family environment. Parents help children build and

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refine their knowledge and skills, charting a trajectory for their health and well-being during childhood and beyond. The experience of parenting also impacts parents themselves. For instance,

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parenting can enrich and give focus to parents' lives; generate stress or calm; and create any number of emotions, including feelings of happiness, sadness, fulfillment, and anger. Parenting of young

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children today takes place in the context of significant ongoing developments. These include: a rapidly growing body of science on early childhood, increases in funding for programs and services for

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families, changing demographics of the U.S. population, and greater diversity of family structure. Additionally, parenting is increasingly being shaped by technology and increased

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*access to information about
parenting. Parenting Matters
identifies parenting knowledge,
attitudes, and practices
associated with positive
developmental outcomes in
children ages 0-8;*

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*universal/preventive and
targeted strategies used in a
variety of settings that have
been effective with parents of
young children and that
support the identified
knowledge, attitudes, and*

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practices; and barriers to and facilitators for parents' use of practices that lead to healthy child outcomes as well as their participation in effective programs and services. This report makes

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recommendations directed at
an array of stakeholders, for
promoting the wide-scale
adoption of effective programs
and services for parents and on
areas that warrant further
research to inform policy and

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practice. It is meant to serve as a roadmap for the future of parenting policy, research, and practice in the United States. Is raising a healthy and happy baby your priority? Then keep reading.. Who says babies

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don't come with instructions? If you're a new mommy or you just gave birth to your second or third bundle of joy, Our Plus One will guide you through the first six months of your baby's life. Having a baby in the house

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*can be scary, but it doesn't
need to be! Written by*

*qualified nutritionist and a
mother of three, this book will
educate you on the milestones
you can look forward to month
by month, as well as changes*

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*you can expect to make to
your care routine as your baby
grows. But it's not all about
that little bundle of joy of
yours. Elizabeth Newborne also
cares about mommy and
daddy and their well-being*

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during this transition. Our Plus
One is an up-to-date month-to-
month guide on how to raise a
happy and healthy baby
without forgetting about
yourself and your partner. But
that's not all; when you read

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bringing a new life into your
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*looking after your baby without
having to neglect yourself.*

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resource for patients, Your
Pregnancy and Childbirth:
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*information and clinical
opinions on subjects related to
women's health and
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*childbirth labor and delivery
cesarean delivery postpartum
care and taking care of the
baby after birth, birth control
after pregnancy"--*

*The main aim of this practical
Handbook is to strengthen*

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*counselling and
communication skills of skilled
attendants (SAs) and other
health providers, helping them
to effectively discuss with
women, families and
communities the key issues*

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*surrounding pregnancy,
childbirth, postpartum,
postnatal and post-abortion
care. The MNH Counselling
Handbook is chiefly designed
to be used by groups of SAs
with the help of a facilitator. It*

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can also be used by individual SAs who can get together with colleagues for discussions and activities where needed. It relies on a self-directed learning approach, allowing SAs to work at their own pace,

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*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
Counselling Handbook is*

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divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and

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outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A

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*series of guiding principles is
introduced and specific*

*counselling skills are outlined.
Part 3 focuses on different
maternal and newborn health
topics, including general care
in the home during pregnancy;*

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*birth and emergency planning;
danger signs in pregnancy;
post-abortion care; support
during labour; postnatal care of
the mother and newborn;
family planning counselling;
breastfeeding; women with*

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HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed

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and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review

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at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.

Month-To-Month Guide For Raising Your Newborn Baby

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Step-by-step Book Every Mom,
Dad, and New Parent Needs to
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After Birth)*

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Expecting*

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*A Complete Guide for Parents
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Surprises, Quirks, and
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easy-to-absorb format and filled with sound advice and practical tips for men on such topics as how to make sense of your conflicting emotions, how pregnancy affects your sex life, and how to start a college fund, this volume reassures,

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commiserates, and informs. It also incorporates the wisdom of top experts in the field, from obstetricians and birth-class instructors to psychologists and sociologists. This new edition features the latest research on many topics, from the reasons for

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premature birth to nutritional supplements. The finances section has been updated; advice for expectant adoptive fathers has been added throughout; information for fathers expecting twins and other multiples is included; and the resources

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section and bibliography have been considerably expanded. Illustrated throughout with New Yorker-style cartoons that will make even the most anxious father chuckle, this book is the essential reference for all expectant couples.

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From the author of Expecting Better and The Family Firm, an economist's guide to the early years of parenting. "Both refreshing and useful. With so many parenting theories driving us all a bit batty, this is the type of book that we need to help calm

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things down.” —LA Times “The book is jam-packed with information, but it’s also a delightful read because Oster is such a good writer.” —NPR With Expecting Better, award-winning economist Emily Oster spotted a need in the pregnancy market for

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advice that gave women the information they needed to make the best decision for their own pregnancies. By digging into the data, Oster found that much of the conventional pregnancy wisdom was wrong. In Cribsheet, she now tackles an even greater

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challenge: decision-making in the early years of parenting. As any new parent knows, there is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. From the earliest days, parents get the

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message that they must make certain choices around feeding, sleep, and schedule or all will be lost. There's a rule—or three—for everything. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your

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own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths around breastfeeding (not a panacea), sleep training (not so bad!), potty training (wait until they're ready or possibly bribe

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with M&Ms), language acquisition (early talkers aren't necessarily geniuses), and many other topics. She also shows parents how to think through freighted questions like if and how to go back to work, how to think about toddler discipline, and how to have a

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Witches Mystery Book 8 relationship and parent at the same time. Economics is the science of decision-making, and Cribsheet is a thinking parent's guide to the chaos and frequent misinformation of the early years. Emily Oster is a trained expert—and mom of two—who

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can empower us to make better, less fraught decisions—and stay sane in the years before preschool.

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age groups.

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read a pregnancy book and was named one of the “Most Influential Books of the Last 25 Years” by USA Today. This cover-to-cover (including the cover!) new edition is filled with must-have information, advice, insight, and tips for a new generation of

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moms and dads. With What to Expect's trademark warmth, empathy, and humor, it answers every conceivable question expecting parents could have, including dozens of new ones based on the ever-changing pregnancy and birthing practices

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and choices they face. Advice for dads is fully integrated throughout the book. All medical coverage is completely updated, including the latest on Zika virus, prenatal screening, and the safety of medications during pregnancy, as well as a brand-

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new section on postpartum birth control. Current lifestyle trends are incorporated, too: juice bars, raw diets, e-cigarettes, push presents, baby bump posting, the lowdown on omega-3 fatty acids, grass-fed and organic, health food fads, and GMOs. Plus

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expanded coverage of IVF pregnancy, multiple pregnancies, breastfeeding while pregnant, water and home births, and cesarean trends (including VBACs and “gentle cesareans”).
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*medical professionals and as the
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*as it addresses the questions of
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*guiding us through pregnancy and
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work to get us the hard facts in a
soft, understandable way.” —Amy
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Freakonomics: an award-winning economist disproves standard recommendations about pregnancy to empower women while they're expecting. From the author of Cribsheet and The Family Firm, a data-driven decision making guide

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*to the early years of parenting
Pregnancy—unquestionably one of
the most profound, meaningful
experiences of adulthood—can
reduce otherwise intelligent women
to, well, babies. Pregnant women
are told to avoid cold cuts, sushi,*

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*alcohol, and coffee without ever
being told why these are forbidden.
Rules for prenatal testing are
similarly unexplained. Moms-to-be
desperately want a resource that
empowers them to make their own
right choices. When award-*

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winning economist Emily Oster was a mom-to-be herself, she evaluated the data behind the accepted rules of pregnancy, and discovered that most are often misguided and some are just flat-out wrong. Debunking myths and

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*explaining everything from the real
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Expecting

An Intersectional Approach to

*Creating a Culture of Belonging at
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What to Expect

Inclusion on Purpose

The Simple Secret of Intermittent

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"A fabulous resource for moms-
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guide to nutrition and health during pregnancy, Ward provides solid, research-based answers to women's most frequently asked questions about diet, exercise, weight gain, and supplements and

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offers specific advice that's easy to incorporate into your daily routine." -Joy Bauer, M.S., R.D., bestselling author of Joy's Life Diet and nutrition/health expert for the Today Show
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even thinking about getting pregnant for the first or third time needs to read this excellent and timely book. Ward has done a fabulous job compiling the most recent scientific evidence about

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pregnancy and translating it into a fun, easy-to-read book with quick, nutritious, and delicious recipes." -Kathleen M. Zelman, M.P.H, R.D., Director of Nutrition, WebMD "This book shares a wealth of information

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that takes into account all the different ways a pregnant woman and new mother lives her life. It might be the only book on prenatal nutrition you'll ever need." -Peg Moline, Editor in Chief, Fit Pregnancy

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activity, including: Why you
(and your partner) should
achieve a healthy weight before

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Trimester-by-trimester advice about nutrition and exercise during pregnancy Safe postpregnancy weight loss, and

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the best eating plan for nursing
moms How diet can help you
handle conditions such as
gestational diabetes and
morning sickness 50 delicious,
nutritious, and easy recipes
your entire family will love

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The baby owner's manual to
help new dads succeed

Covering everything from
burping and naptime to filing for
paternity leave and setting up a
safe play area, this is the
complete survival manual for

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first-time dads. Discover more than 100 things dads can do to help their baby--and their partner--thrive in the first year. Go beyond other books for new dads with: Up-to-date advice--Written by an

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experienced pediatrician and
featuring the most modern,
evidence-based info available,
this guide is everything books
for new dads should be. From
birth to 12 months--Divided into
easy-to-skim sections, this book

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makes it simple for new dads to find out what they need to do at every stage of baby's development. A positive outlook--Let this standout in books for new dads bring a little good humor to parenthood and

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help keep things upbeat through sleepless nights and messy diapers. This top choice in books for new dads offers all the info needed to take great care of that new little person at home.

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A complete guide with practical information and support for parents of children from newborn to three years old, by childcare experts at the renowned Mayo Clinic. Written by doctors who are also

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parents. Updated and Revised
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trusted and essential resource
for new and experienced
parents alike. In this fully
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edition, you ' ll find practical guidance on caring for the new little one in your family, from birth to age 3. Inside you ' ll find evidence-based advice on giving your baby the best nutrition and introducing your toddler to

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solids, tips for forming healthy sleep habits, strategies for dealing with fussiness and tantrums, advice on establishing a secure bond with your child, monthly updates on your child's growth and development, and

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much more.

According to experts in the field of psychology, more than half of parents experience some sort of separation anxiety when their child leaves for college. You may have been looking forward

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to your child's departure for 18 years, but now that the time has finally come you are experiencing mixed emotions. What to Expect When Your Child Leaves for College will provide you with valuable

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information and will help make the transition easier. In this new book, you will learn how to encourage independence, how to offer support, how to handle the drop-off, how to deal with empty nest syndrome, how to

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talk to your child about his or her emotions, how to keep the lines of communication open, how to plan meaningful family time, and how to teach your child to live on his or her own. Additionally, you will be

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provided with insight into your
child's emotions, which will help
you understand his or her
behavior, such as spending
excessive amounts of time with
friends, ignoring you, or being
disagreeable. You will learn how

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to handle the emotional rollercoaster, how to give your child time to adjust to college life, how to prepare for your child's first visit home, and how to help others deal with the transition. By reading this book,

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you will learn how your life will
change, and you will discover
ways to fill the void. What to
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for College provides you with
countless ways to prepare
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