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How to Grow a Baby and Push It Out Your No-Nonsense Guide to Pregnancy and Birth *Vermilion* Everything you wanted to know but were too embarrassed to ask - a guide to pregnancy and birth straight from the midwife's mouth. Winner of the Gold and Consumer Choice award at the Mumii Best Baby and Toddler Gear Awards 2017. Mum to four little girls and midwife to many, Clemmie Hooper wants to share her knowledge, wisdom and stories about pregnancy, birth and mothering young children that aren't so widely talked about - straight from the midwife's mouth. From how to prevent tearing during birth to what you really need in your labour bag, Clemmie reveals everything pregnant women and new mums need to know with a good dose of humour and wit. **Common Sense Pregnancy Navigating a Healthy Pregnancy and Birth for Mother and Baby** JEANNE FAULKNER has worked in women's health for 30 years, first in doctor's offices, free clinics, and classrooms and then as a registered nurse, specializing in obstetrics, labor and delivery, and neonatal care. She began her career as a journalist in 2002 and currently writes the weekly column Ask the Labor Nurse for FitPregnancy.com. She contributes articles about health, medicine, food, parenting, travel, and lifestyle issues to such publications as aFit Pregnancy, aPregnancy, Shape, Better Homes & Gardens, and the Huffington Post and Oregonian newspapers. She's also the senior writer/editor for Every Mother Counts, a global maternal health advocacy organization founded by Christy Turlington Burns. **How to Grow a Baby and Push It Out Your no-nonsense guide to pregnancy and birth** *Random House* Everything you wanted to know but were too embarrassed to ask - a guide to pregnancy and birth straight from the midwife's mouth. Winner of the Gold and Consumer Choice award at the Mumii Best Baby and Toddler Gear Awards 2017. Mum to four little girls and midwife to many, Clemmie Hooper wants to share her knowledge, wisdom and stories about pregnancy, birth and mothering young children that aren't so widely talked about - straight from the midwife's mouth. From how to prevent tearing during birth to what you really need in your labour bag, Clemmie reveals everything pregnant women and new mums need to know with a good dose of humour and wit. **Your Baby's First Year For Dummies** *John Wiley & Sons* Everything parents need to give their babies the best start Each year, more than 4 million babies are born in the United States-and the first year of a baby's life is a joyous, challenging, and sometimes overwhelming time. Your Baby's First Year For Dummies serves as a complete guide for baby's first twelve months-from what to do when arriving home from the hospital to handling feeding, bathing, and sleeping routines to providing the right stimuli for optimal progress. Packed with tips on every aspect of baby's physical, emotional, and social development, this friendly guide gives parents advice on such important topics as breastfeeding vs. bottle-feeding, teething, baby toy safety, food preparation, food allergies, traveling, and much more. **The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth** *Simon and Schuster* "Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"-- **Bumpin' The Modern Guide to Pregnancy: Navigating the Wild, Weird, and Wonderful Journey From Conception Through Birth and Beyond** *S&S/Simon Element* "A smart, approachable guide packed with practical advice for parents who want a science-backed, individualized approach to pregnancy." —Linda Avey, Co-founder of 23andMe 2020 National Parenting Award Winner Feeling overwhelmed? Confused by conflicting advice? Bumpin' will radically transform your pregnancy journey to one of confidence and optimism. With over a decade of experience advising women's healthcare and technology companies, Leslie Schrock distills cutting-edge research into your most comprehensive pregnancy guide—from conception through the newborn months. Based on the latest clinical evidence and practical advice from top experts, Bumpin' enables you to make the best decisions for your unique family. With a look at the science, it tackles every pregnancy FAQ and topics like the truth about cleaning up your cosmetics, nutrition, epidurals, and activity; and the practical, like putting together a baby budget and navigating work. Bumpin' also takes you all the way through the postpartum period because taking your baby home and recovering brings unexpected physical, mental, and life changes that are too often overlooked for you and your partner. Inside Bumpin' you'll find: -A trimester-by-trimester overview from trimester zero (conception) through the postpartum period and return to work -The truth about age and fertility and how to manage any issues that arise -Research on topics like vaccinations, breastfeeding, and exercise -The science behind your physical changes, leaks, sweats, and every other unexpected pregnancy symptom - and how to manage them to enhance your long term health -Birth preferences and preparing for unpredictable changes -The challenges of navigating parental leave and returning to work -Unique advice for partners -Budgeting, finance tips, baby registry, and hospital checklists Every pregnancy is unique and often unpredictable. For Leslie, this meant handling curveballs like miscarriage and later a birth that didn't go according to plan. She turned her personal journey into this book, written while she was pregnant, with the help of a wide network of experts she consulted along the way, including doulas, ob-gyns, midwives, therapists, prenatal trainers, and nutritionists. Warm, funny, and non-judgemental, Bumpin' will leave you feeling prepared and ready to tackle anything that comes your way. A portion of proceeds will be donated to Every Mother Counts and National Birth Equity Collaborative to support maternal and child health. **The Good Girl's Guide to Being a D*ck The Art of Saying What You Want and Getting the Life You Deserve** *Grand Central Publishing* THE INTERNATIONALLY BESTSELLING NO-NONSENSE GUIDE THAT WILL TRANSFORM YOUR LIFE. Stop worrying about being nicer, calmer, or more patient. Be a d*ck. For author Alexandra Reinwarth, it all began when she told off a toxic friend. Realizing this person was making her life miserable, she ditched her. This one small act of rebellion sparked a huge change in the way Alexandra forever dealt with social guilt about everything. Ever struggle with how you are as a person as a friend or a coworker as a partner or a mother as a daughter-in-law? THE GOOD GIRL'S GUIDE TO BEING A D*CK will teach you how to embrace your inner jerk, guiding you through who and what to get rid of from your life, stop worrying about what others think, and how the seemingly small things in life can have a huge impact on the quality of your everyday living. You'll learn how to embrace your own needs and desires to live the life you've always wanted. For any woman who has felt that familiar agony of saying "no"--this book is for you. **Parenthood the Swedish Way a science-based guide to pregnancy, birth, and infancy** *Scribe Publications* Swedes are some of the world's happiest people, and their children are no exception. Parenthood the Swedish Way will help you and your family embrace the Scandi style of childrearing: practical, egalitarian, and free from outdated myths. Many expectant parents will be surprised and relieved to hear the following: inhaling dust doesn't lead to allergies; breastfeeding doesn't protect against allergies; sterilising bottles and pacifiers is unnecessary in most industrial countries; and if you think you shouldn't drink alcohol when breastfeeding, you've been taken in by plain moralism and not scientific evidence. Paediatrician Cecilia Chrapkowska runs one of Sweden's most popular parenting blogs, Barnakuten, and is a specialist on vaccinations. Dr Agnes Wold has been named Sweden's Woman of the Year for her tireless work in women's health. Together they present cutting-edge research from around the world that can guide you to make better parenting choices. Drawing on Sweden's famously generous parental leave and enlightened social policies, they also demonstrate the importance of equal parenting, and provide practical tools for parents everywhere to share responsibility equably. From the progressive land in the North, this is the fact-based, feminist guide to parenting you have been waiting for. **Zeus Grants Stupid Wishes A No-Bullshit Guide to World Mythology** *Penguin* From the creator of Myths Retold comes a hilarious collection of Greek, Norse, Chinese and even Sumerian myths retold in their purest, bawdiest forms! All our lives, we've been fed watered-down, PC versions of the classic myths. In reality, mythology is more screwed up than a schizophrenic shaman doing hits of unidentified...wait, it all makes sense now. In Zeus Grants Stupid Wishes, Cory O'Brien, creator of Myths RETOLD!, sets the stories straight. These are rude, crude, totally sacred texts told the way they were meant to be told: loudly, and with lots of four-letter words. Did you know? Cronus liked to eat babies. Narcissus probably should have just learned to masturbate. Odin got construction discounts with bestiality. Isis had bad taste in jewelry. Ganesh was the very definition of an unplanned pregnancy. And Abraham was totally cool about stabbing his kid in the face. Still skeptical? Here are a few more gems to consider: • Zeus once stuffed an unborn fetus inside his thigh to save its life after he exploded its mother by being too good in bed. • The entire Egyptian universe was saved because Sekhmet just got too hammered to keep murdering everyone. • The Hindu universe is run by a married couple who only stop murdering in order to throw sweet dance parties...on the corpses of their enemies. • The Norse goddess Freyja once consented to a four-dwarf gangbang in exchange for one shiny necklace. And there's more dysfunctional goodness where that came from. **Baby 411: Your Baby, Birth to Age 1** *Windsor Peak Press* You are having a baby! Congratulations! Now, the reality hits you—what the heck am I doing? What if you could bottle the wisdom of all those parents who've come before you . . . and mix it with the solid medical advice from an nationally-renowned pediatrician? Baby 411 is the answer! Think of it as the ultimate FAQ for new parents. Inside you'll learn: • How to pick a pediatrician with savvy questions to ask and insider tips. • Sleep. The best way to get your baby to sleep through the night. • First aid—when to worry, when not . . . and what to do when baby gets sick. No-nonsense, down-to-earth advice you can trust. • Fussy baby 411. Is it colic? Acid reflux? Or something else? Discover the secrets to soothing a fussy baby. • Detailed nutrition info with a step-by-step guide for successful breastfeeding, introducing solid food and the “new and improved” formulas. Plus: simple steps to avoid food allergies! • Is my baby normal? Learn how your baby will grow and develop! New in this revised 9th edition: • Designer baby formulas—Are they worth it? What about goat's milk formula? • New sleeping gizmos: Do new electronic bassinets actually work at soothing baby? • New breastfeeding aids to boost milk supply that actually work. All that and more in the new, updated and revised BABY 411! **The Mommy Docs' Ultimate Guide to Pregnancy and Birth** *Da Capo Lifelong Books* Three top ob/gyn's—who are also moms themselves and hosts of the Oprah Winfrey Network's Deliver Me—offer a comprehensive guide to pregnancy. Original. TV tie-in. **Big Fat Negative The Essential Guide to Infertility, IVF and the Trials of Trying for a Baby** *Hachette UK* 'This book is totally brilliant - informative, sensitive, funny and wise. Reading it is like talking to a fairy godmother who also happens to be a gynaecologist and expert on all things fertility' Sophia Money-Coutts Big Fat Negative (BFN) - a term commonly used on internet forums to refer to a negative pregnancy test. Infertility can be a lonely journey. One in every six couples will struggle to conceive but, despite this, many don't feel comfortable talking openly about their experiences and sharing what they are going through. As a result, they feel isolated and alone. It doesn't have to be this way. By talking, laughing and shouting about our experiences we can start to lift the cloak of shame that so often engulfs those going through it. Big Fat Negative does just that. This no-nonsense, honest guide to infertility from the hosts of the Big Fat Negative podcast smashes the taboo around this isolating and heartbreaking illness, offering first-hand experience, an understanding voice when friends don't get it, expert advice, reassurance for when you feel alone and - most importantly - humour when it you need it the most. Using first-hand accounts of the various hurdles of infertility, from work to diagnoses and IVF, coupled with advice from leading experts, Big Fat Negative will hold your hand on the not-so simple journey to motherhood - helping you to face and defeat the trials of trying for a baby. **The Hypnobirthing Book An Inspirational Guide for a Calm, Confident, Natural Birth** *Katharine Publishing* Childbirth can be an empowering and positive experience that you treasure for the rest of your life. Hypnobirthing teaches simple and gentle techniques that have a profound effect. **Strengthening Forensic Science in the United States A Path Forward** *National Academies Press* Scores of talented and dedicated people serve the forensic science community, performing vitally important work. However, they are often constrained by lack of adequate resources, sound policies, and national support. It is clear that change and advancements, both systematic and scientific, are needed in a number of forensic science disciplines to ensure the reliability of work, establish enforceable standards, and promote best practices with consistent application. Strengthening Forensic Science in the United States: A Path Forward provides a detailed plan for addressing these needs and suggests the creation of a new government entity, the National Institute of Forensic Science, to establish and enforce standards within the forensic science community. The benefits of improving and regulating the forensic science disciplines are clear: assisting law enforcement officials, enhancing homeland security, and reducing the risk of wrongful conviction and exoneration. Strengthening Forensic Science in the United States gives a full account of what is needed to advance the forensic science disciplines, including upgrading of systems and organizational structures, better training, widespread adoption of uniform and enforceable best practices, and mandatory certification

and accreditation programs. While this book provides an essential call-to-action for congress and policy makers, it also serves as a vital tool for law enforcement agencies, criminal prosecutors and attorneys, and forensic science educators. **The Sh!t No One Tells You About Pregnancy A Guide to Surviving Pregnancy, Childbirth, and Beyond** Seal Press The fourth book in Dawn Dais's popular Sh!t No One Tells You series offers "been there, freaked out about that" advice for expectant parents The fourth title in Dawn Dais's popular parenting series, The Sh!t No One Tells You About Pregnancy is quite possibly the funniest, and most heartfelt, yet. After all, pregnancy is not all about scanning Pinterest for baby shower themes and registering for ironic onesies, and sometimes the less flattering aspects of gestation have a way of dimming a bit of that so-called pregnancy glow. Not to worry! Dawn is here, ready to shepherd you through the experience of one human body taking on the task of growing another human body. (Spoiler alert: It ain't always pretty.) Dawn covers it all, sharing expert lists, tips, warnings, and even a series of Parent-Training Workouts designed to increase readers' tolerance to the various indignities of parenthood, like peeing with an audience and surviving an afternoon in Chuck E. Cheese. The Sh!t No One Tells You About Pregnancy is a must-have guide for expectant moms (and their partners!) who are looking for some counsel, comedy, and camaraderie during their ultimate countdown to parenthood. **The Trying Game Get Through Fertility Treatment and Get Pregnant Without Losing Your Mind** Ballantine Books From the author of "Fertility Diary" for the New York Times Motherlode blog comes a reassuring, no-nonsense guide to both the emotional and practical process of trying to get pregnant, written with the smarts, warmth, and honesty of a woman who has been in the trenches. "A compassionate, often funny, well-researched, and ultimately empowering guide."--Lori Gottlieb, New York Times bestselling author of Maybe You Should Talk to Someone There are so many ways to be Not Pregnant: You can be young, old, partnered, or unpartnered. Maybe you have endometriosis. Maybe you don't have enough eggs or your partner doesn't have enough sperm. Or maybe there's nothing wrong except you're just. Not. Pregnant. Amy Klein has been there. Faced with fertility obstacles, she quickly became an expert. After nine rounds of IVF, four miscarriages, three acupuncturists, two rabbis, and one reproductive immunologist, she finally became a mother. And she wrote about it all for the New York Times Motherlode blog in her "Fertility Diary" column. Now, Amy has written the book she wishes she'd had when she was trying to get pregnant. With advice from medical experts as well as real women, she outlines your options every step of the way, from questions you should ask to advice on getting your mother-in-law to mind her own beeswax. In this comprehensive road map to infertility, you'll find topics such as: * whether to freeze your eggs * finding (and affording) a clinic * what to expect during your first IVF cycle * baby envy--aka it's okay to skip your friend's shower * whether the alternative route--acupuncture, herbs, supplements--is for you * helpful tips, charts, and more! Empowering, compassionate, and down-to-earth, The Trying Game will show you what to expect when you're not expecting with heart and humanity when you need it the most. **The Mother of All Pregnancy Books An All-Canadian Guide to Conception, Birth and Everything in Between** John Wiley & Sons Whether you're an expectant parent or you're just thinking about it, this comprehensive guide features a nonbossy, fresh, and fun approach to the greatest adventure life has to offer. Based on the best advice from over 100 Canadian parents, this information is served up with a uniquely Canadian spin. Never one to shy away from the tough topics, Ann Douglas addresses the concerns that all parents have to consider when facing pregnancy. With over 225,000 ?Mother of All? books sold in Canada, Ann Douglas provides the inside scoop on what it's really like to have a baby The straight goods on preparing your body for pregnancy Practical advice on how to increase your chances for conceiving quickly The top ten worries for each trimester -- with a hefty dose of reassurance A glossary of pregnancy -- and birth-related terms A sneak peek of life after baby This book is the manual for those looking for real-world advice to help them during all the stages of pregnancy, from conception to birth and all that can occur throughout! **Nurture A Modern Guide to Pregnancy, Birth, Early Motherhood--and Trusting Yourself and Your Body** Chronicle Books "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."--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 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. 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 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 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 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 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. **Fearless Pregnancy Where Did I Come From? The Facts of Life Without Any Nonsense and with Illustrations** Lyle Stuart Describes the reproductive process from intercourse to birth. **Birth Partner 5th Edition A Complete Guide to Childbirth for Dads, Partners, Doulas, and All Other Labor Companions** Harvard Common Press 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 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. 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 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 newborn care and much more For the partner who wishes to be truly helpful in the birthing room, this book is indispensable. **Health Promotion Throughout the Life Span - E-Book** Elsevier Health Sciences Promote health and wellness for all ages and population groups! Health Promotion Throughout the Life Span, 9th Edition provides a comprehensive guide to leading health promotion concepts, from assessment to interventions to application. Its lifespan approach addresses patients' unique needs with case studies and care plans, with an assessment framework based on Gordon's Functional Health Patterns. New to this edition is expanded coverage of genomics and QSEN competencies. Written by nursing experts Carole Edelman and Elizabeth Kudzma, this bestselling text covers all the latest research and trends in health promotion and disease prevention. Separate chapters on population groups — the individual, family, and community — highlight the unique aspects of assessment and health promotion for each group. Coverage of growth and development helps you apply health promotion concepts to each age and each stage of development through the lifespan. Case studies present realistic situations with questions asking you to apply key concepts, and care plans include nursing diagnoses, defining characteristics, related factors, expected outcomes, and interventions. Quality and Safety Scenario boxes focus on QSEN-related competencies with examples of health promotion. Innovative Practice boxes outline unique and creative health promotion programs and projects currently being implemented. Healthy People 2020 boxes present goals and objectives relating to national health issues and priorities. Research for Evidence-Based Practice boxes summarize current health-promotion studies showing the links between research, theory, and practice. Diversity Awareness boxes address cultural perspectives relating to planning care. Hot Topics boxes introduce significant issues, trends, and controversies in health promotion. Think About It clinical scenarios open each chapter, and include questions to encourage critical thinking. NEW! An increased focus on genomics reflects scientific evidence supporting the use of genetic tests and family health history to guide public health interventions. NEW! Expanded discussion of QSEN competencies is included, as related to health promotion. NEW! Guidelines and recommendations are included from the latest Guide to Clinical Preventive Services from the U.S. Preventive Services Task Force. NEW! The latest information about the Affordable Care Act is included. NEW! Updated photos reflect the latest in health promotion and disease prevention. **Gentle Birth, Gentle Mothering A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices** Celestial Arts An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthing her own four children. Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls "undisturbed birth" is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship. **The Kind Mama A Simple Guide to Supercharged Fertility, a Radiant Pregnancy, a Sweeter Birth, and a Healthier, More Beautiful Beginning** Rodale Books When did making babies get to be so hard? Infertility is on the rise globally, affecting as many as one in six couples. But instead of considering diet and lifestyle factors, doctors pump their patients full of expensive and invasive fertility treatments. Once pregnant, women just accept that carrying a baby will be the gassy, swollen, irritable, sleepless nightmare that has become the new normal—and then assume that new motherhood will be just as challenging, from breastfeeding woes to screaming fits. It doesn't have to be that way. In The Kind Mama, Alicia Silverstone has created a comprehensive and practical guide empowering women to take charge of their fertility, pregnancy, and first 6 months with baby. Drawing on her own experience, as well as that of obstetricians, midwives, nutritionists, holistic health counselors, and others, Silverstone offers advice on getting one's "baby house" in order through nutrient-rocking foods that heal and nourish, and, once pregnant, gentle ways to boost comfort, energy, and health during each trimester. She helps readers navigate everything from prenatal testing and birth plans to successful breastfeeding and creating a supportive "baby nest." The result is an authoritative, one-stop guide that empowers women to trust their instincts during this vital milestone, while helping them embark on a healthy and more vibrant path to motherhood. **How to Have Your Second Child First 100 Things That Are Good to Know... the First Time Around** Chronicle Books As any parent of more than one child will tell you, things are much easier the second time around. In this warm and reassuring book, scores of real-life second-time parents offer first-timers their stories and lessons learned. One hundred accessible entries guide new parents through pregnancy and the first year of life, covering everything from birth plans and breast-feeding to finding a parental comfort zone. With a dose of patience and a sprinkling of humor, How to Have Your Second Child First helps first-timers navigate parenthood with the savvy and calm of moms and dads who have been there before—twice. **Your No Guilt Pregnancy Plan A revolutionary guide to pregnancy, birth and the weeks that follow** Penguin UK ** As seen on the Victoria Derbyshire show ** Providing you with everything you've ever wanted to know about pregnancy, this is the definitive guide from conception to the first few weeks' at home with your newborn *** 'I wish there'd been a book like this when I was pregnant. It almost makes me want to have another child. Almost' Bryony Gordon *** Your No Guilt Pregnancy Plan is a revolutionary new guide to pregnancy and childbirth that puts the power firmly in your hands. It won't tell you what fruit your baby resembles week-by-week, but it will cover the huge shifts happening in your relationships, body, work and emotional life right now, giving you practical tools, tips and real stories to help you make a plan that is uniquely yours yet flexible enough to accommodate whatever your pregnancy, birth and life throw at you. ***Further Praise for Your No Guilt Pregnancy Plan*** 'The book has everything a pregnant woman needs ... I'm sure this will be the go-to book for women in years to come' - Helen Thorn host of the Scummy Mummies podcast 'Rebecca is a living, breathing Wonder Woman heroine. In a sea of complicated, important and sometimes angry debate around childbirth, she is a mast to hold onto.' - Cherry Healey, presenter and author of Letters to My Fanny I can't think of a panicky question I had thought of through either of my pregnancies (and I thought of them at a rate of five per second) that wouldn't have been answered by this book. I wish I had had it, in fact. A very empowering guide to becoming a mother.' - Robyn Wilder, The Pool **Birth Without Fear The Judgment-Free Guide to Taking Charge of Your Pregnancy, Birth, and Postpartum** Hachette Books An inclusive, non-judgmental, and empowering guide to pregnancy, childbirth, and postpartum life that puts mothers first, offering straightforward guidance on all the options and issues that matter most to them (and their partners) when preparing for a baby. In Birth Without Fear, January Harshe--founder of the global online community Birth Without Fear--delivers an honest, positive, and passionate message of empowerment surrounding everything that involves having a baby. It's a guide that fills in the considerable cracks in the information available to women and families when they're preparing to welcome a child--covering care provider choices, medical freedom, birth options, breastfeeding, intimacy, postpartum depression, and much more. Birth Without Fear shows moms, dads, partners, and families how to choose the best provider for them, how to trust in themselves and the birth process, and how to seek the necessary help after the baby has arrived. In addition, it will educate them about their rights--and how to use their voice to exercise them--as well as how to cope with the messy postpartum feelings many people aren't willing to talk about. Unlike other pregnancy books, Birth Without Fear will also help partners understand what mothers are going through, as well as discuss the challenges that they, too, will face--and how they can navigate them. Shattering long-held myths and beliefs surrounding pregnancy, birth, and the postpartum experience, Birth Without Fear is an accessible, reassuring, and ultimately inspiring guide to taking charge of pregnancy, childbirth, and beyond. **Belly Laughs, 10th anniversary edition The Naked Truth about Pregnancy and Childbirth** Da Capo Lifelong Books The New York Times bestseller--never shy, frequently crude and always funny, Jenny McCarthy gives the lowdown on pregnancy in the grittiest girlfriend detail Revealing the naked truth about the tremendous joys, the excruciating pains, and the inevitable disfigurement that go along with pregnancy, Jenny McCarthy tells you what you can really expect when you're expecting! From morning sickness and hormonal rage, to hemorrhoids, granny panties, pregnant sex, and the torture and sweet relief that is delivery, Belly Laughs is must-read comic relief for anyone who is pregnant, has ever been pregnant, is trying to get pregnant, or, indeed, has ever been born! **Natural Pregnancy Guide: Empowering Moms to Make Healthy Choices** A simple guide to pregnancy--explore the birth experience that's a natural fit for you Learn how to create the healthiest environment for your baby by eliminating potentially harmful habits and substances from your body and your surroundings wherever possible. This book is your safe, science-backed guide to deciding what your individual pregnancy

and birth plan will look like--whether you want to give birth in a hospital, at home, or in a birthing center. Find practical, actionable advice for all pregnant women about practices like essential oil therapy, plant-based nutrition, relaxation techniques, and pregnancy-safe exercises--along with guidance for when it's best to stick with traditional medicine--so you can develop your own unique pregnancy and childbirth experience. The Natural Pregnancy Guide includes advice about: One size does not fit all--Explore both medicated and non-medicated birth plans, detailing the pros and cons of each, and the circumstances that may shape your decisions. Cleansing your system--Discover gentle ways to "detox" by making healthy choices about personal care products and avoiding or eliminating toxins in your living and working spaces. A multi-part approach--Learn the importance of establishing healthy habits before moving on to specific guidance for managing the challenges you may encounter during your pregnancy. This companion book will guide you through each step of your pregnancy consciously and safely--just as nature intended. **The Modern Midwife's Guide to Pregnancy, Birth and Beyond** *Random House* 'Marie Louise is a dream come true for any parent with her uncanny ability to simplify the most important and complicated questions' Emma Bunton, co-founder of Kit and Kin Whether you are planning for a baby, just found out you are pregnant or well into your third trimester, this book will help you to feel confident, informed and inspired about your exciting journey ahead. Through years of work with families, Senior Midwife Marie Louise reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. As well as this, Marie Louise is renowned for bringing complex science to life. You'll discover fascinating facts that underpin everything you and your baby will go through, including - - How your nervous system is synced with your baby and why baby already knows a lot about you when they are born - The unique process your baby goes through to pass through the birth canal and how you work together in labour - Incredible facts about breast milk Packed with the most up-to-date findings and expert insights, you'll find everything you need to prepare for motherhood and, most importantly, understand and appreciate just how amazing you and your baby both are! **Sex Made Easy Your Awkward Questions Answered--For Better, Smarter, Amazing Sex** *Running Press* Sex Made Easy is a punch, direct, and no-nonsense guide that confronts those problems that often arise-- things that women are usually too embarrassed to talk about. Debby Herbenick is not just a scientist, but also a sex expert who has conducted important research at the Kinsey Institute for over a decade. But Dr. Herbenick has anticipated women's questions--everything from orgasms and erections to vibrators--and provides simple and frank answers. It will give readers the knowledge, skills, and confidence they need for a more fulfilling sex life. **Expecting Better Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know** *Penguin* "Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way." --Amy Schumer *Fully Revised and Updated for 2021* What to Expect When You're Expecting meets 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 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, 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-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 explaining everything from the real effects of caffeine to the surprising dangers of gardening, Expecting Better is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy--and the occasional glass of wine. **Mayo Clinic Guide to a Healthy Pregnancy** *Harper Collins* Book description to come. **The Nanny Connie Way Secrets to Mastering the First Four Months of Parenthood** *Gallery Books* From the beloved nanny to stars like Jessica Biel and Justin Timberlake, Emily Blunt and John Krasinski, and Cash Warren and Jessica Alba comes a loving yet no-nonsense guide to the first four months of parenthood so you can raise a happy baby--and be happy parents. There is nothing like the overwhelming love of gazing upon your beautiful newborn, but there is really nothing like the overwhelming terror of not being able to comfort that screaming baby. Have no fear! Nanny Connie is here with all the solutions you need for every baby-care dilemma from comforting a colicky infant to trying to breastfeed in public. Her sweet and sassy drawl seeps right out of these pages, reassuring you that everything will be fine, as she guides you with her God-given wisdom, larger-than-life compassion, and three decades worth of experience and patience. Connie, "quite simply one of the greatest humans on this planet" (Emily Blunt) and a mother herself, comes from many generations of strong women with loads of experience in mothering, midwifery, and Southern values. Broken into three easy-to-follow sections (pre-baby arrangements, that immediate post-birth glow, and the first four months of the rest of your life), The Nanny Connie Way is your go-to, first-time-parent-proof baby manual that will give you not only the guidance you crave, but also the confidence to be the best parent you can be. Connie tackles everything from: -Breastfeeding Do and Don'ts -The Power of the Pacifier -Bath Time With Baby -The Nighttime Sleep Ritual -Managing New Mommy Stress Connie won't just get you through the sleepless nights and the explosive diapers--she's going to make you thrive. *Download The Nanny Connie Way AR App to experience Nanny Connie in your own home through exclusive videos! (Please note, readers reading on a mobile device may not be able to experience the AR videos.) **Commando Dad: Basic Training How to be an Elite Dad or Carer, From Birth to Three Years** *Summersdale Publishers LTD - ROW* Attention! In your hand is an indispensable training manual for new recruits to fatherhood. Written by ex-Commando and dad of three, Neil Sinclair, this manual will teach you, in no-nonsense terms, how to: • Survive the first 24 hours • Prepare and Plan to Prevent Poor Parental Performance • Maintain morale in the ranks • Feed, clothe, transport and entertain your troops • Transport the troops successfully on manoeuvres • Increase your flash to bang' time and 'square away' tasks along the way. And much, much more. Let Training Commence. **The Sh!t No One Tells You A Guide to Surviving Your Baby's First Year** *Seal Press* A humorous, realistic, and supportive guide to the first 52 weeks with a baby, The Sh!t No One Tells You is the first book in Dawn Dais's popular parenting series, followed by The Sh!t No One Tells You About Toddlers and The Sh!t No One Tells You About Baby #2. There comes a time in every new mother's life when she finds herself staring at her screaming, smelly "bundle of joy" and wishing someone had told her that her house would reek of vomit, or that she shouldn't buy the cute onesies with a thousand impossible buttons, or that she might cry more than the baby. Best-selling author Dawn Dais, mother of two tiny terrors, is convinced that there is a reason for this lack of preparedness. She believes that a vast conspiracy exists to hide the horrific truth about parenting from doe-eyed expectant mothers who might otherwise abandon their babies in hospitals and run for it. Eschewing the adorableness that oozes out of other parenting books, Dais offers real advice from real moms--along with hilarious anecdotes, clever tips, and the genuine encouragement every mom needs in order to survive the first year of parenthood. The Sh!t No One Tells You is a must-have companion for every new mother's sleepless nights and poop-filled days. **The Book of Delights Essays** *Algonquin Books* "Ross Gay's eye lands upon wonder at every turn, bolstering my belief in the countless small miracles that surround us." --Tracy K. Smith, Pulitzer Prize winner and U.S. Poet Laureate The winner of the NBCC Award for Poetry offers up a spirited collection of short lyric essays, written daily over a tumultuous year, reminding us of the purpose and pleasure of praising, extolling, and celebrating ordinary wonders. Ross Gay's The Book of Delights is a genre-defying book of essays--some as short as a paragraph; some as long as five pages--that record the small joys that occurred in one year, from birthday to birthday, and that we often overlook in our busy lives. His is a meditation on delight that takes a clear-eyed view of the complexities, even the terrors, in his life, including living in America as a black man; the ecological and psychic violence of our consumer culture; the loss of those he loves. Among Gay's funny, poetic, philosophical delights: the way Botan Rice Candy wrappers melt in your mouth, the volunteer crossing guard with a pronounced tremor whom he imagines as a kind of boat-woman escorting pedestrians across the River Styx, a friend's unabashed use of air quotes, pickup basketball games, the silent nod of acknowledgment between black people. And more than any other subject, Gay celebrates the beauty of the natural world--his garden, the flowers in the sidewalk, the birds, the bees, the mushrooms, the trees. This is not a book of how-to or inspiration, though it could be read that way. Fans of Roxane Gay, Maggie Nelson, and Kiese Laymon will revel in Gay's voice, and his insights. The Book of Delights is about our connection to the world, to each other, and the rewards that come from a life closely observed. Gay's pieces serve as a powerful and necessary reminder that we can, and should, stake out a space in our lives for delight. **Conception, Pregnancy & Birth The Childbirth Bible for Today's Parents** *Penguin* Widely accepted as the definitive guide to pregnancy and childbirth, Dr. Miriam Stoppard's Conception, Pregnancy, and Birth has sold well over a million copies since it was first published. This new edition has not only been given a completely new look with stunning new photography but it has also been updated and re-written with 20-25 percent new material. New information will cover the latest developments in pregnancy and birth, from up-to-date research on how your stress levels can affect your unborn baby to new developments in delivering your baby. **PISA Take the Test Sample Questions from OECD's PISA Assessments Sample Questions from OECD's PISA Assessments** *OECD Publishing* This book presents all the publicly available questions from 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. **Why Demography Matters** *John Wiley & Sons* Demography is not destiny. As Giacomo Casanova explained over two centuries ago: 'There is no such thing as destiny. We ourselves shape our own lives.' Today we are shaping them and our societies more than ever before. Globally, we have never had fewer children per adult: our population is about to stabilize, though we do not know when or at what number, or what will happen after that. It will be the result of billions of very private decisions influenced in turn by multiple events and policies, some more unpredictable than others. More people are moving further around the world than ever before: we too often see that as frightening, rather than as indicating greater freedom. Similarly, we too often lament greater ageing, rather than recognizing it as a tremendous human achievement with numerous benefits to which we must adapt. Demography comes to the fore most positively when we see that we have choices, when we understand variation and when we are not deterministic in our prescriptions. The study of demography has for too long been dominated by pessimism and inhuman, simplistic accounting. As this fascinating and persuasive overview demonstrates, how we understand our demography needs to change again.