



# What to Expect When You're Expecting

*Arlene Eisenberg, Heidi Eisenberg Murkoff, Sandee E. Hathaway*

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Using a month-by-month format, the book describes physical and emotional development of both mother and foetus with guidance on what to expect at each month's check-up, questions to pose to the doctor and how to give a baby the best chance with a healthy lifestyle and eating habits. The book includes advice on labour and delivery and deals in detail with complications and today's threats of the effects of drugs and AIDS.

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