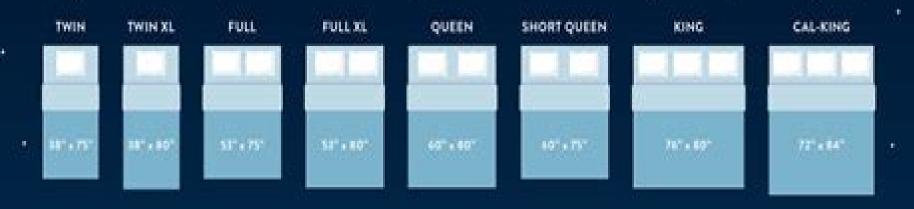


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Louise, 2020-03-05 Marie Louise is a dream come true for any parent with her uncanny ability to simplify the most important and complicated questions Emma Bunton co founder of Kit and Kin Whether you are planning for a baby just found out you are pregnant 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 The Rough Guide to Camping in Britain 2 Rough Guides, 2013-01-03 The Rough Guide to Camping in Britain reviews over three hundred of the country's best campsites travelling from Scilly to Shetland taking in Yorkshire hills Hampshire glampsites Welsh Islands and Highland co operatives This the second edition features new campsites that have caught our attention since the first editon and has been thoroughly researched and updated Written by campers for campers Rough Guides writers have visited sites across the country checking out views testing the shower temperatures and spending night after night under canvas The Rough Guide to Camping in Britain explores everything from equipment and cooking to glamping wild camping and festivals Full colour throughout its pictures bring the splendid sites to life whilst indexes maps and lists arranged by category help you move through the guide with ease The Rough Guide to Camping in Britain is the complete companion for novice campers who don't know where to start and experienced tent riggers looking for a new destination Whether you want snug tipis and creature comforts or simple sites in stunning wilderness locations this guide has it covered Now available in PDF format Rick Steves England Rick Steves, 2020-03-17 Hike the wild moors of Dartmoor explore the scenic bays of Cornwall and dive into history at Hadrian's Wall England is yours to discover with Rick Steves Inside Rick Steves England you ll find Comprehensive coverage for spending two weeks or more in England Rick's strategic advice on how to get the most out of your time and money with rankings of his must see favorites Top sights and hidden gems from the ancient and mysterious Stonehenge to cozy corner pubs How to connect with local culture Enjoy an evening at the theatre take high tea in a classic hotel or cheer on the team with fans at a football match Beat the crowds skip the lines and avoid tourist traps with Rick's candid humorous insight The best places to eat sleep and relax with a pint Self guided walking tours of lively neighborhoods historic sites and museums Detailed neighborhood and museum maps for exploring on the go Useful resources including a packing list a phrase book of British slang a historical overview and recommended reading Over 900 bible thin pages include everything worth seeing without weighing you down

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