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THE

GIRLFRIENDS



GUIDE TO

PREGNANCY



Or Everything Your Doctor Won't Tell You

VICKI IOVINE

Practical, humorous, and comforting advice on "morning" sickness, maternity underwear, bladder control, pregnancy insanity, stretch marks, sex!!! and postpartum depression

Girlfriends Guide To Pregnancy

Vicki lovine



Girlfriends Guide To Pregnancy:

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embarrassing to ask practical tips and hilarious takes on everything pregnant What really happens to your body from morning sickness and gas to eating everything in sight and what it s like to go from being a babe to having one The Many Moods of Pregnancy why you re so irritable distracted tired lightheaded or at least more than usual Staying Stylish You may be pregnant but you can still be the fashionista you ve always been or at least you don t have to look like a walking beachball wearing the hippest designers and proudly showing off your bump Pregnancy is Down To a Science from in vitro fertilization to scheduled c sections there are so many options alternatives and scientific tests to take that being pregnant can be downright confusing And much more For a reassuring voice or just a few good belly laughs turn to this straight talking guide on what to really expect when you re expecting

The Girlfriends' Guide to Parties and Playdates Vicki Iovine, **The Best Friends' Guide to Pregnancy Daily Diary** Vicki Iovine, Lesley Ehers, 2005-04-01 This accessible diary of a pregnancy aims to be as instructive as it is readable and is now in spiral bound paperback

The Girlfriends' Guide to Getting Your Groove Back Vicki Iovine, 2001-04-01 Bust out of that mommy rut and get into the groove When a mother finally emerges from the mommy mole tunnel of pregnancy breastfeeding potty training and preschool she comes to the inevitable realization The road to maternity is a one way street No U turns allowed You ve survived the battles of baby and toddler hood playdates and temper tantrums to time outs And just when it seems your former life is within reach taking up neglected jobs and hobbies committing to a fitness program rediscovering the boyfriend living in the body of your husband you crash headfirst into the wall of reality The kids may be able to fasten their own seatbelts and pour their own cereal but the homework tucking in car pools and birthday parties have just begun Let Vicki Iovine author of The Girlfriends Guides show you how to navigate the twists and turns of family life and find time for your kids your spouse your home your work and yourself You re not alone in this mommy adolescence In The Girlfriends Guide to Getting Your Groove Back Iovine provides her trademark sage witty advice on How to focus at work when things at home are in chaos and vice versa Making time for yourself and not the PTA Getting over the romantic myth of date nights and weekends away from the kids Homework help your transformation into a human flashcard The dinnertime crush and how to relieve frozen pizza fatigue Iovine puts the perils of perpetual parenthood into perspective You ll feel like you do after a long chat with a good friend relaxed refreshed and ready to reclaim your life

The Best Friends' Guide to Pregnancy Vicki Iovine, 2011 Your doctor gives you medical advice Your mother buys you baby clothes But who can give you the real story when you re pregnant Your best friends of course at least the ones who ve been through the exhilaration and exhaustion the agony and ecstasy of pregnancy Now four time delivery room veteran Vicki Iovine helps you through the next nine months the way only a best friend can Here is straight talk about those little things that are too embarrassing to ask about practical tips and hilarious tales on anything pregnant From learning that you re expecting Oh my God how do I get out of this to the day your newborn arrives You mean I have to take it home with me Iovine gives you the low down on What really happens to your body from morning sickness and wind to

eating everything in sight The many moods of pregnancy or why you re so irritable distracted tired lightheaded well more than you usually are Staying Stylish cautionary style tips from your best friend who really would tell you if your perky new mum haircut makes you look like a pinhead whale Pregnancy Is Down to A Science from in vitro fertilisation to scheduled C section the latest technology provides so many options alternatives and tests it can be downright confusing **The**
Girlfriends' Guide to Pregnancy Diary Vicki Iovine,1997

Ignite the flame of optimism with Crafted by is motivational masterpiece, **Girlfriends Guide To Pregnancy** . In a downloadable PDF format (PDF Size: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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