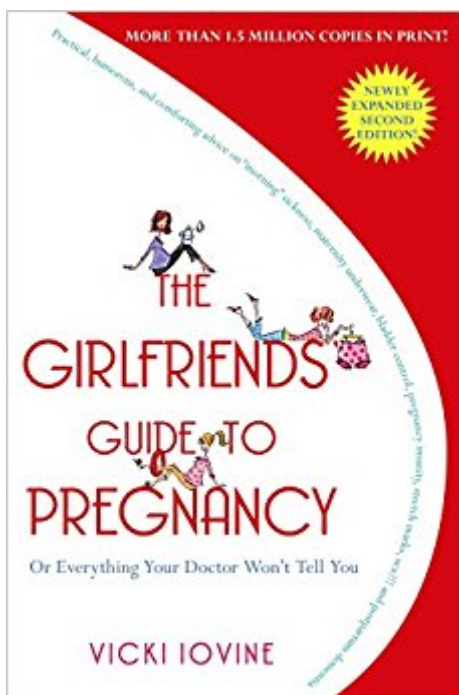


The book was found

The Girlfriends' Guide To Pregnancy



Synopsis

The practical, comforting, honest, and hilarious bestseller for moms-to-be, with more than one and a half million copies in print! Your doctor gives you medical advice. Your mother buys you baby clothes. But who can give you the real skinny when you're pregnant? Your girlfriends, of course—at least, the ones who've been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Four-time delivery room veteran Vicki Iovine talks to you the way only a best friend can—in the book that will go the whole nine months for every mother-to-be. In this revised and updated edition, get the lowdown on all those little things that are too strange or 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.

Book Information

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Customer Reviews

"American Baby" A lighthearted, helpful, and brutally honest book from someone who understands. You'll laugh and learn about what to avoid (perms, maternity clothing stores), what generally can't avoid be avoided (hemorrhoids, a tendency to worry about everything), and what not to be afraid of (if you're having amniocentesis, that big needle; turning into your mother). And if you feel as though you've embarked on a nine-month-long ride on a roller coaster, the chapter called "Pregnancy Insanity" will reassure you that you're normal. "Newsweek" Leaving the medical domain to the medical professionals, Lovine focuses on the practical, social, emotional, and physiological aspects of pregnancy.... Lovine and her gaggle of Girlfriends are ready with reassuring and frequently irreverent advice. "USA Today" With great humor and frankness, Lovine addresses the topics most women talk about only with their best friends. "People" A laugh-out-loud primer for unseasoned moms-to-be. "American Baby" A lighthearted, helpful, and brutally honest book from someone who understands. You'll laugh and learn about what to avoid (perms, maternity clothing stores), what generally can't avoid be avoided (hemorrhoids, a tendency to worry about everything), and what not to be afraid of (if you're having amniocentesis, that big needle; turning into your mother). And if you feel as though you've embarked on a nine-month-long ride on a roller coaster, the chapter called "Pregnancy Insanity" will reassure you that you're normal.

Vicki Lovine is the mother of four teenage children. Since the success of *The Girlfriends' Guide to Pregnancy*, she has gone on to write several books in the *Girlfriends' Guide* series, has lent her expertise in columns for the *Los Angeles Times* and *Child* magazine, and has served as a relationships correspondent for *Redbook*. She has also been a parenting correspondent on the *Today* show, *Oprah*, and *The View*. Vicki lives in Los Angeles with her children and husband, Jimmy Lovine.

This book is probably valuable if you are quite conservative, old fashioned, and staunchly subscribe to old fashioned gender stereotypes. Oh and hopefully you LOVE CAPSLOCK, because the author uses it to emphasize things on every page. So annoying. It is definitely a "girlfriend" guide with little advice based on facts, mostly anecdotal stories. I love anecdotal stories if they're funny, but this is just pages of "Girlfriend Joan liked broccoli, but Girlfriend Amy had acne." Not very useful or amusing. Sorry.

Honestly, this book does not provide any relevant information! I did not find it funny either, just a lot of complaining. I want to embrace my pregnancy, this is not a good book if you feel like me.

I am giving this book 3 Stars mostly because I found that I skimmed through the majority of it. We all carry differently and we all have different relationships with our spouse or "baby daddy." In my case, most of what I was reading did not apply to me. I am normally a worrier and yet pregnant, I am completely carefree. I chose to skip that chapter about the things pregnant women worry about because I didn't want to "create" the worry for myself if that makes sense. Also, I have three large fibroids and find that for me, my doctor is all I need for the medical questions and I asked family and friends if I have other questions. Basically, the book was cute, but I didn't learn anything from it...not to say someone else won't. Again, every pregnancy and family dynamic is different.

I wouldn't recommend this book if you're struggling with your pregnancy. A sense of humor and realistic expectations are definitely important. I just found out I was pregnant, and was extremely hormonal... and borderline depressed about the changes my body was going through. This book was definitely not comforting. Now, if you're past the initial shock of how much your body changes, and have found a sense of security in the unknown that is pregnancy..... this could be kind of a fun and cynical read. :)

Best pregnancy book I've read to date! This is our first baby so we're reading everything we can get our hands on- brutally and beautifully honest advice on what to expect that isn't found in other books. It does have a very strong push for hospital assembly line births but we loved reading the book regardless

The book was a good easy read that made me laugh along the way. It was recommended by my doctor after expressing I wanted to try having a baby in the next year. She preferred it over *What to Expect When You're Expecting*. I definitely enjoyed the truths that were shared along the way and reality of pregnancy. I think there is much more to be learned about actual medical expectations but this is a great book for those even just considering pregnancy.

A close friend of mine recommended this book for me when I first found out that I was pregnant with my first baby. I absolutely loved it. It really feels like you're in the comfort of your closest friends

giving you advice from their own experiences. This book also has a lot of wit and humor, I caught myself laughing out loud a few times. I'll probably read it again before I deliver my baby, because it not only gives a ton of information it provides the information in a way that doesn't intimidate mothers to be...just like a pep talk from their friends would. I also bought what to expect when you're expecting, and to be honest I haven't made it past the first chapter thanks to the girlfriends guide to pregnancy.

my wife is currently reading this, evidently at the end a baby is born

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