

[GET] Your Baby, Your Way: Taking Charge of your Pregnancy, Childbirth, and Parenting Decisions for a Happier, Healthier Family



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A finalist for a Books for a Better Life Award, this eye-opening, must-read book arms parents with the information they need to make informed decisions about their own health and the health of their babies. In *Your Baby, Your Way* award-winning journalist Jennifer Margulis explores our current cultural practices during pregnancy, childbirth, and the first year of a baby's life, challenges advice given to new mothers, and encourages parents to question what they're told about prenatal and infant care. Margulis explains how financial interests often skew the treatment we give to mothers and infants, investigating topics such as:

- How the diaper industry perpetuates delays in potty training
- Why cesareans are increasingly prevalent
- Why more women don't breastfeed

Based on meticulous research and in-depth interviews with parents, doctors, midwives, nurses, health care administrators, and scientists, Margulis's impassioned and eloquent critique is shocking, groundbreaking, empowering, and revelatory. Going beyond the advice in the *What to Expect* books, *Your Baby, Your Way* inspires and empowers, helping couples have a happier, healthier pregnancy and childbirth, and "motivates women to ask 'why?' before blindly agreeing to everything their doctor orders" (Booklist).

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