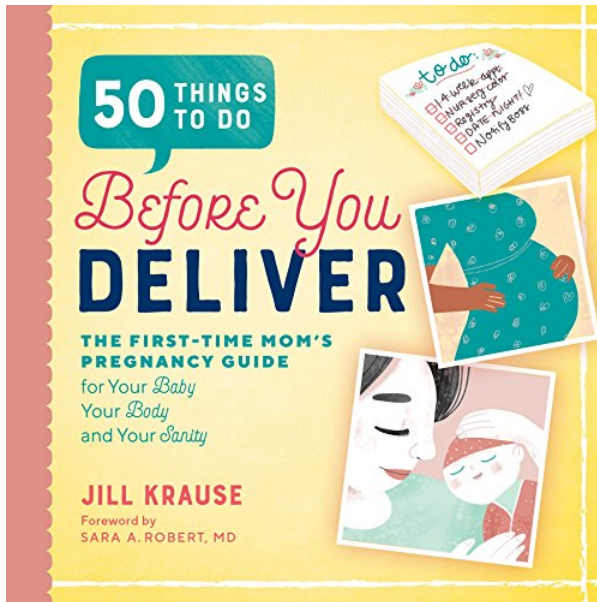


[GET] 50 Things to Do Before You Deliver: The First Time Moms Pregnancy Guide



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While your body is doing the important work of growing your baby, 50 Things to Do Before You Deliver nails down exactly what to do to prepare for your little ones big debut. First-time moms have plenty to be grateful for and plenty to worry about. Centered on what's most important to expecting moms, 50 Things to Do Before You Deliver narrows the vast field of pregnancy advice to 50 specific, proactive steps for confidence and peace of mind before baby arrives. Unlike other pregnancy books for first-time moms, this book includes only what is necessary and helpful, and leaves out the rest. Written by Jill Krause, creator of the award-winning pregnancy blog, Baby Rabies, and mom of four, 50 Things to Do Before You Deliver arms moms-to-be with actionable advice and tools that are actually useful. Voiced with honesty, humor, and encouragement from a mom who's been there, 50 Things to Do Before You Deliver offers: There are countless pregnancy books for first-time moms out there, but 50 Things to Do Before You Deliver is a practical guide that will empower and prepare you during pregnancy and beyond.

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