



# MANUAL DE SUPERVIVENCIA PARA MAMAS ESTUPENDAS

By Saunders, Grace

Javier Vergara, 2008. soft. Book Condition: New. Encuadernación: Cartoné Colección: Vivir mejor Existen muchos manuales para la embarazada y los primeros años del bebé. Esta guía, en cambio, es más bien una sucesión de charlas entre amigas, en las que la autora periodista especializada en moda y estilo aporta recomendaciones e ideas para que la lectora se sienta bien física y anímicamente, y se vea siempre estupenda, durante el embarazo y después del nacimiento del bebé. Rebosante de consejos prácticos y útiles, además de ofrecer incontables trucos, es el regalo perfecto para las embarazadas, sobre todo las primerizas. Un manual original, cuyo objetivo principal es el bienestar físico y anímico de la lectora durante el embarazo y los primeros años del bebé.



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