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Your Perfectly Pampered Pregnancy: Beauty, Health, and Lifestyle Advice for the Modern Mother-To-Be

By Colette Bouchez

Harmony. Paperback. Book Condition: New. Paperback. 368 pages. Dimensions: 8.0in. x 5.5in. x 0.9in. The moment a pregnancy is announced, all eyes are on baby. But what about Mom? Not only is her body changing, everything about her lifestyle is turning upside down. A revolutionary new kind of self-help guide, *Your Perfectly Pampered Pregnancy* puts Mom at center stage, with hundreds of tips on how to have the healthiest, most vibrant pregnancy possible. Culling advice from top medical, beauty, and style sources worldwide, award-winning health reporter Colette Bouchez delivers sound medical advice as well as beauty and lifestyle tips to keep Mom happy and healthy, ensuring baby will be healthier and happier as well. Highlights include: The five most common pregnancy complaints and how to beat them; The beauty, hair, and skin care products that are safe to use and what to avoid; How to choose maternity clothes without losing your sense of style; Natural and relaxing ways to beat stress, overcome sleep problems, and handle pregnancy fears; How to treat painful and often embarrassing pregnancy problems naturally and easily, and how to know when it's time to seek a doctor's help; Advice on how to blend your career obligations with impending motherhood and look and feel great while doing...



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