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Hodder Stoughton General Division, United Kingdom, 2008. Paperback. Book Condition: New. 198 x 191 mm. Language: English. Brand New Book. Teach Yourself Getting Pregnant explains everything the prospective parent may need to know as they face the physical, emotional and practical challenges of trying for a baby. It covers health issues in full, from basic biology and an explanation of fertility and cycles, to outlining what supplements are useful and what aren t, and how you can maximise your...

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- Authored by Heather Welford
- Released at 2008



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