

This title talks about caring for your baby, body and mind during pregnancy. From parenting Guru Dr Miriam Stoppard comes the Trusted Advice series; providing warm and reassuring advice and guidance for every step of the way. With a fresh, contemporary feel and affordable price, these books are perfect for reading cover to cover or to dip in and out of for quick reference. Focusing on diet, exercise and emotional preparation for parenthood, Miriam guides you through each phase of your pregnancy. Every aspect of your physical and mental well-being is covered; from keeping fit to stylish maternity wear, working during pregnancy and how to maintain a sensual relationship for as long as possible. As well as practical advice on nutrition, exercise and health, this book highlights the importance of taking care of yourself in terms of emotional changes, relaxation and getting in touch with your body.

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