



Pregnancy For First Time Mothers : A Comprehensive Guide To What You Can Really Expect When You're Expecting.

Denise Fisher

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Pregnancy For First-Time Mothers: A Comprehensive Guide To What You Can Really Expect When You're Expecting.

Motherhood and pregnancy is a wonderful thing. It's a beautiful process, bringing new life into this world. But it is not without its realities. As exceptional as it is, being a mother means going through a nine-month pregnancy where the realities of childbearing are often glossed over.

While it's true that in most cases, the positives of pregnancy far outweigh the negatives, the truth is, knowing and understanding what first time mothers can expect out of their first pregnancy can help bring perspective to what is honestly a difficult, albeit wonderful, experience.

In this book you will learn

- The different things you can expect about pregnancy as a first time mother.
- Understanding the different experiences of your first pregnancy.
- What to expect and things to do during the first trimester.
- What to expect and things to do during the second trimester.
- What to expect and things to do during the third trimester.
- General guidelines to follow throughout your pregnancy.
- Tips on how to handle the challenges of pregnancy across the different stages of pregnancy.

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