



# **PREGNANCY: What You Need To Know When You're Expecting - The Complete Pregnancy Guide For Moms And Dads (Pregnancy Books) (Pregnancy Books for First Time Moms Book 1)**

*Dr. Jyothi Shenoy*

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*Dr. Jyothi Shenoy*

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- **The 11 most important facts about pregnancy that all mom's and dad's need to know**
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- **Dangerous pregnancy symptoms that should not be ignored**
- Diet and nutrition tips for a pregnant woman
- **Guidelines for safe exercises during pregnancy**
- How to handle the emotional roller coaster during pregnancy
- **The most current lifestyle trends in the pregnancy world**
- What's hot and what's not for sex during pregnancy
- **How to juggle a busy career with your pregnancy**
- Travel tips for pregnant women
- **What a man needs to know about pregnancy**
- Safe skin-care products during pregnancy

- What clothes you should and shouldn't wear during pregnancy
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