



My Pregnancy 2012: The only annual pregnancy book on the market

Dr Joanna Girling, Pippa Nightingale

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Most pregnancy books are a couple of years old – some are more than 5 years old. *My Pregnancy 2012* is the ONLY annually updated pregnancy book available to you. It therefore gives you simply the most accurate, up to date and relevant information on what to expect when you're pregnant. Written by specialist authors including an obstetrician, midwife and mother, *My Pregnancy 2012* crucially explains the latest tests for Downs Syndrome and other illnesses that can be contracted before birth and how accurate or risky they are, pain relief methods and their side-effects, changes in government legislation and maternity and paternity laws, is 'Preg Head' a myth or reality? And nutrition, alcohol and general lifestyle advice.

In addition *My Pregnancy 2012* also covers everything you'd expect to find in a good pregnancy guide. Keep this book by your side as we support and comfort you through the 9 months of pregnancy from conception, the different stages of pregnancy, body changes, antenatal care, healthy eating, exercise, looking good, lifestyle, work and relationships through to bonding with your baby and childcare.

If you want the latest and most accurate pregnancy information and advice, then *My Pregnancy 2012* is a must have.

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