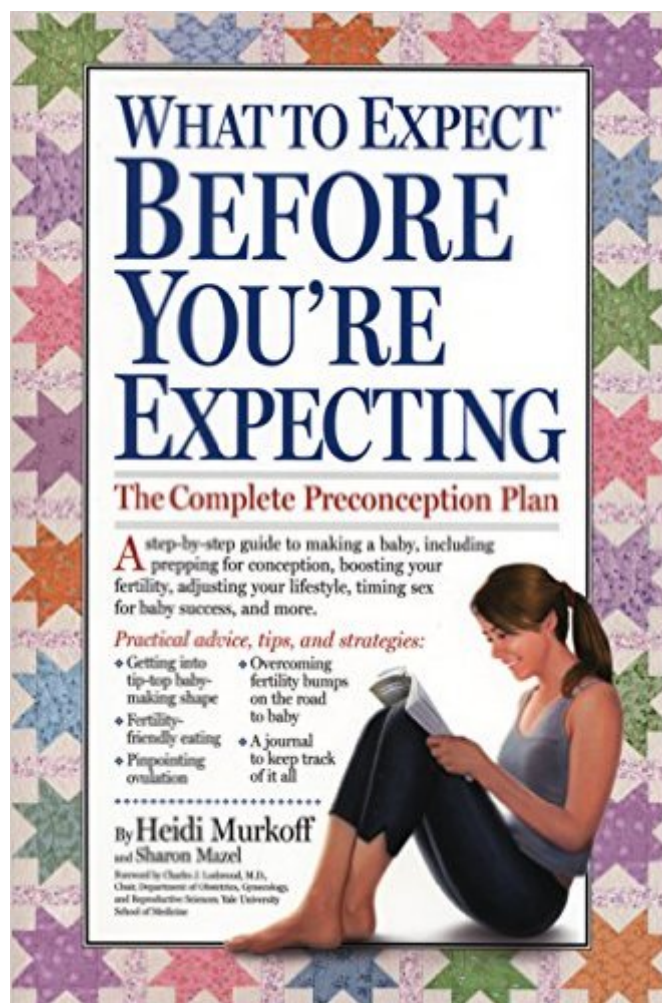


The book was found

# What To Expect Before You're Expecting



## Synopsis

Announcing the prequel. From Heidi Murkoff, author of America's bestselling pregnancy and parenting books, comes the must-have guide every expectant couple needs before they even conceive—the first step in *What to Expect: What to Expect Before You're Expecting*. An estimated 11 million couples in the U.S. are currently trying to conceive, and medical groups now recommend that all hopeful parents plan for baby-making at least three months before they begin trying. And who better to guide wanna-be moms and dads step-by-step through the preconception (and conception) process than Heidi Murkoff? It's all here. Everything couples need to know before sperm and egg meet up. Packed with the same kind of reassuring, empathetic, and practical information and advice and tips that readers have come to expect from *What to Expect*, only sooner. Which baby-friendly foods to order up (say yes to yams) and which fertility-busters to avoid (see you later, saturated fat); lifestyle adjustments that you'll want to make (cut back on cocktails and caffeine) and those you can probably skip (that switch to boxers). How to pinpoint ovulation, time lovemaking, keep on-demand sex sexy, and separate conception fact (it takes the average couple up to 12 months to make a baby) from myth (position matters). Plus, when to seek help and the latest on fertility treatments—from Clomid and IVF to surrogacy and more. Complete with a fill-in fertility journal to keep track of the babymaking adventure and special tips throughout for hopeful dads. Next step? *What to Expect When You're Expecting*, of course.

## Book Information

Age Range: Baby and up

Paperback: 275 pages

Publisher: Workman Publishing Company; 1 edition (May 15, 2009)

Language: English

ISBN-10: 0761152768

ISBN-13: 978-0761152767

Product Dimensions: 6 x 0.8 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 3.9 out of 5 stars [See all reviews](#) (297 customer reviews)

Best Sellers Rank: #9,673 in Books (See Top 100 in Books) #10 in [Books > Health, Fitness & Dieting > Reference](#) #31 in [Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#) #43 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

There is some great information in this book. It's an excellent starting point if you want to get a jump on reading up about pre-conception health. It's also a good conversation starter with your partner (it's great for both parents to spend some time reading the book, both the "mom" and "dad" sections). The info on trouble trying to conceive was particularly helpful. However, after hearing all the hype about the "What To Expect" series, I expected it to be a better written book. The book had some continuity problems. It looked like paragraphs and maybe even chapters had been copied and pasted straight out of the other books without checking for continuity. Acronyms would be used over and over and over again and never defined. Meanwhile, the acronym "STD" shows up for the hundredth time around page 200 and is defined. Pretty sure we all know what STDs are, and if we don't, we googled it 150 pages ago. But thanks. Sometimes things would be mentioned in passing, never to be brought up again. "Get your blood tested for your Rh factor, and if you are positive, make sure your partner isn't." WHAT?! This sounds really serious. What does this mean? Yeah, the book totally leaves you hanging. Google it. Again, I expect that if the book is going to bring it up, explain to me why this is so important. Some chapters left me with more question than answers. For example, it encouraged readers to drink lots of milk. Ok great, but more adult women are lactose intolerant than not. Since the book advised moms-to-be to limit soy, what alternatives should we seek for upping calcium intake? The author really didn't have a lot of suggestions. And speaking of soy, the author was very vague. Basically, "don't eat a lot of it." Well, what's "a lot?"

WHAT TO EXPECT BEFORE YOU'RE EXPECTING is just like the other books in the expecting "series:" Jam packed with information in a good format. There are sections for both the "Mother to Be" and the "Father to Be," but neither are exclusive and should be read by both parties; in fact, there is more for men in this book than What to Expect When You're Expecting: 4th Edition. You probably already know what to expect given the monumental success of the previous Expecting books, and this book is no exception. Sections of the book include: Nutrition, Basic Anatomy, Ovulation, Timing of Intimacy, Miscarriage and Infertility, Medications, and tons of other little questions. This book is excellent, but the next few comments should not be taken as criticisms but rather just information. The difference with this installment is that there is more humor woven into the text than the previous books, which helps lighten the load; however, the humor at points is too much of a good thing, and the writing can seem juvenile and uses a lot of immature phrases (i.e. Aunt Flo), which I feel undermines the writing slightly. One other thing is the book takes some of the magic away, providing step by step instructions, hundreds of pages of what to do better. I can totally appreciate how this book may help people who have struggled with conception, and I feel this book

will be revered in that case. However, for everyone else be prepared to have the magic of conception possibly ruined as baby making becomes a job, you are forced to follow a specific calendar, and monitoring your diet.

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