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Mommy IQ: The Complete Guide to Pregnancy (Paperback)

By Rosie Pope

HarperCollins Publishers Inc, United States, 2012. Paperback. Book Condition: New. New.. 230 x 184 mm. Language: English . Brand New Book. Rosie Pope, pregnancy expert, maternity fashion designer, and star of Bravo's hit show Pregnant in Heels, offers an all-encompassing guide to pregnancy. What's your Mommy IQ? Every mom-to-be wants a perfect, healthy pregnancy. But as the nine months start to fly by, it's easy for new parents to become overwhelmed and intimidated by the mountains of information and advice available. Enter pregnancy expert Rosie Pope. With her signature style, humor, and razor-sharp expertise, Rosie offers women the ultimate guide to these unique nine months ahead. Chapter by chapter and month by month, Rosie helps women raise their own Mommy IQ by telling them exactly what's going on with their baby, their body, and their partner. Tackling everything that might weigh on a new mom's mind from prenatal testing and ultrasounds, to setting nutrition and exercise goals, to creating a birth plan Rosie guides new parents with humor and been-there insights, and plenty of medical facts and advice from renowned experts and doctors to back it all up. Through practical checklists, sidebars, and her own personal stories, Rosie...



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