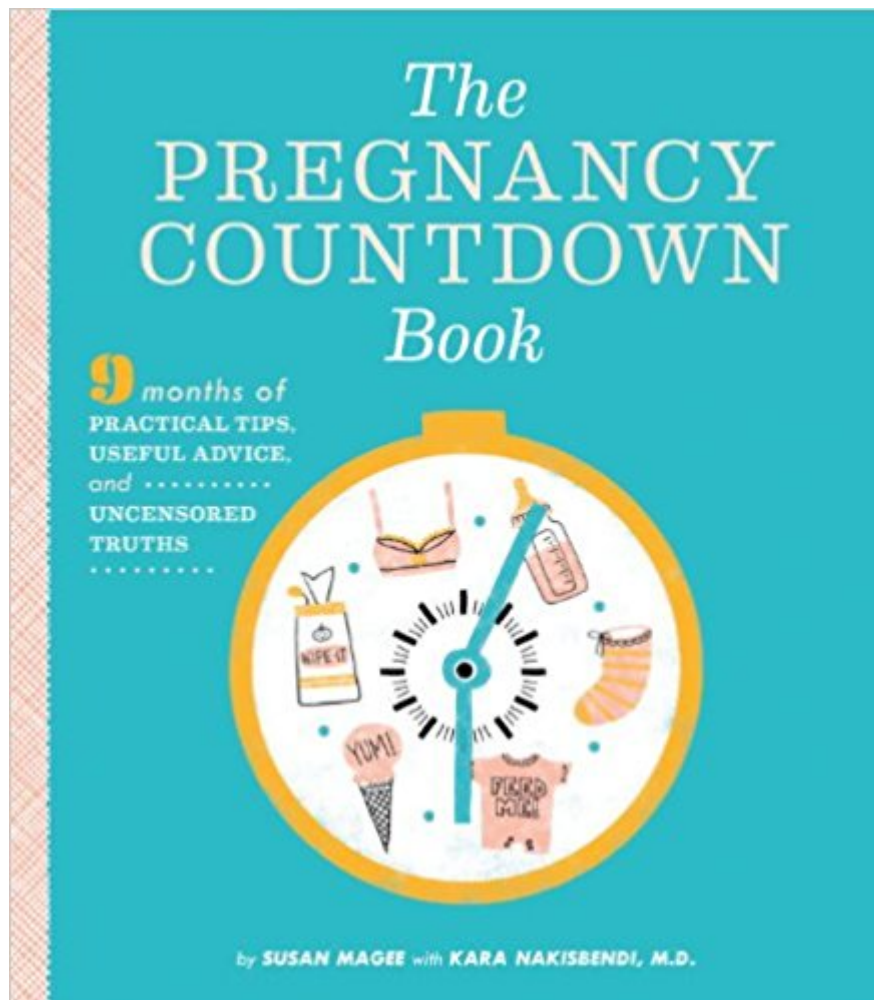




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# The Pregnancy Countdown Book: Nine Months Of Practical Tips, Useful Advice, And Uncensored Truths



## Synopsis

The average pregnancy lasts 280 days – and the suspense can be excruciating! The Pregnancy Countdown Book counts down the biggest milestones every step of the way, with one page of helpful information for each day of your pregnancy. Here are tips from doctors and mothers, amusing anecdotes and quotes, and all of the uncensored details that other books won't tell you. The perfect gift for expecting moms of all ages, The Pregnancy Countdown Book is a delightfully irreverent look at the craziest nine months of your life.

## Book Information

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## Customer Reviews

“A practical guide with useful information about anything and everything. And it's humorous to boot.” –Romper  
“If you're looking for a book that has a page for every day of your pregnancy, look no further. The Pregnancy Countdown Book . . . will keep you company for every one of the 280 days that your pregnancy brings you.” –SheKnows.com

Susan Magee is the author of several nonfiction books. She lives in Philadelphia with her husband and son. Kara Nakisbendi, M.D., is a board-certified obstetrician and gynecologist, a board-certified nutrition specialist, a fellow of the American College of Obstetrics and Gynecology, and the mother of two children.

Has some helpful information, but if you're looking for a really informative, unbiased countdown this is not your book. I actually find myself kind of frustrated that this book suggests on multiple occasions that my husband must be clueless and unhelpful, and that I will have no sex drive or self-confidence at this point in my pregnancy (coming to a close of the first trimester). The pro I guess is that this book is pretty honest that you're likely going to feel like crap a lot of time, which for me has been true. No other books I've read thus far have been so honest about how terrible early pregnancy can be. I also appreciated the day by day, week by week mentions of what is happening to my body and to my baby, but honestly I find the BabyCenter weekly updates are more informative, accurate, and less annoyingly emotive. This book felt like it was trying to be my best friend but didn't know anything about me or my situation. If your husband is clueless, annoying, and unhelpful and you really don't have a sex drive your entire first trimester, I'm sorry, but this book is for you.

This is a cute idea, and it's fun to have something short to read each week. However, but there's not much actual content in it, and the info that it does contain is often outdated or just plain incorrect. I would not buy this again.

While pregnant I was not into reading any and every pregnancy book. I find all the information to be overwhelming at times so I had the attitude of less is more. With that being said I thought this book provided just the right amount of fun information for me to keep reading. It is divided into days and weeks. I would read it every week to see what was going on and what to expect. I loved the real advice from other moms in a manageable amount and format.

First time poster, long time review-reader. Flat out, I loved this book from the first page of the introduction. I'm in my first pregnancy and no one tells you about all of the physical and emotional changes that mess you up. Metallic tongue and constant nausea? AWESOME. This book did a phenomenal job of balancing expert knowledge with other "moms in the trenches" and had me laughing or finally feeling like someone understood. I would recommend this to anyone that is expecting or planning to be expecting. It's candid without being terrifying and like having your big sister and best friend give you the gory details about pregnancy. Great job and I'm truly thankful for it. It's become my security blanket!

I'm 20 weeks pregnant and this is the only book I'm reading. It's clear, simple and TIMELY

explanations. And the author takes a stand on simple pieces of advice (e.g. "DON'T buy a fetal heart monitor" -- I did anyways, but I see her point! "Don't watch crime scene shows."). I found that if I read about 2 weeks ahead I am well prepared for what's coming. I should have done this instead of calling my doctor about some sciatic nerve pain and insisting a same-day appointment. Highly recommend book for ladies who want some information but don't want to hear about everything that might go wrong in pregnancy.

I've been trying to only read this as I go so that I don't feel too overwhelmed by what's coming up months from now, and so I pick this up every few days and catch up a bit. I'm not that far along yet (11 weeks--and counting) but so far I've liked it. It's way less formal and clinical than my other books and it's good to have the variety. It's more conversational and makes you feel better when it's early in your pregnancy and you haven't told many people so you don't have anyone to assure you that it's ok and normal that you feel like total crap, and don't beat yourself up for not being able to do much beyond collapsing on the couch at the end of the day. Other books will stress exercise (and yes, I exercise, I get it, it's good for me) and this book agrees exercise is good--but they also say that realistically, in the first trimester you may feel terrible and not be able to exercise all that much, and you shouldn't beat yourself up over it. So, in general I look forward to catching up on this every few days. It's reassuring and humorous.

This is the first pregnancy book I purchased. If you believe that while pregnancy is a wonderful experience that you should be so lucky to have, it still has really sucky parts, then this book is for you. If, however, you believe that It's all rainbows and butterflies and every vomit is God's way of saying he loves you... you may wish to pass. This is a very down to earth, honest book with snippets of information that doesn't get too into every detail, ever. It's a page-a-day set up, to tell you what's generally going on, and what other mother's have experienced as well. I actually read a week at a time. It's a small book, I was surprised by how small it was. So a week takes 5 minutes to read. It basically says, here are some cool things going on inside your body, here are some crappy things you're dealing with right now, and it sucks. But keep in mind it IS temporary, and worth it in the end. I think it's a great book, light and funny, and honest. I plan on giving it to my sister-in-laws when they get pregnant.

I love a good sense of humor, and I really did laugh out loud at a few of these toward the beginning... but now, a few weeks after owning this, I feel like I'm reading the same thing week after

week. How many different ways can you say "HAH! You're puking your brains out!", "It's okay to miss alcohol and coffee, really!", "Your hormones are crazy so it's okay to be happy and sad within a split second!" or "Yeah, your husband isn't getting any for a quite a while, hahaha!". Somehow these four sentiments have been presented over the last few weeks ad nauseum. If you were to believe that these jokes represent the average pregnancy, it's a wonder anyone would choose to have a second child. (And most of the exaggerations aren't even close to reality, for me anyway.) Overall, a good gift to give a girlfriend and funny at times... but it gets extremely repetitive.

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