



The Healthy Pregnancy Book: Month by Month, Everything You Need to Know from America's Baby Experts (Sears Parenting Library)

By William Sears, Martha Sears

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From "the man who remade motherhood" (*Time*) comes the definitive guide to having a healthy pregnancy--and a healthy baby.

THE HEALTHY PREGNANCY BOOK guides expectant mothers and fathers through all stages of pregnancy from preconception through birth, focusing on how to enhance the health of mother and baby.

In this uniquely authoritative and comprehensive month-by-month guide, the Searses address emotional and physical changes that take place during pregnancy, baby's brain development, healthy pregnancy habits, pregnancy superfoods, optimal weight gain, fitness, managing stress, sleep, choosing the right healthcare provider, birthing choices, the transition into parenthood, engaging personal stories, and more.

Overflowing with the most up-to-date information, digestible and doable tips, and advice for every worry--and written in the Searses' trademark reassuring tone that makes their books long-term bestsellers--THE HEALTHY PREGNANCY BOOK is the must-have resource to fit the greater demands of today's savvy parents.

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Editorial Review

About the Author

William Sears, MD, has practiced pediatrics for more than 40 years, and is an associate clinical professor at the University of California, Irvine, School of Medicine. Martha Sears is a registered nurse and parenting and health consultant. They are the authors of more than 30 books and live in southern California.

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