



## The Perfect Pregnancy Cookbook: Boost Fertility and Promote a Healthy Pregnancy with Optimum Nutrition

By Patrick Holford, Fiona McDonald Joyce, Susannah Lawson

Piatkus Books, 2010. Condition: New. 2010. 1st Edition. Paperback. Easy-to-follow nutritional advice is combined with delicious 'pregnancy-proof' recipes in this essential guide for women who want to optimise their chances of having a trouble-free pregnancy and a happy, healthy baby. Num Pages: 192 pages, 15pp of Colour throughout. BIC Classification: VFXB; WBHS. Category: (G) General (US: Trade). Dimension: 233 x 184 x 13. Weight in Grams: 550. . . . .



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