

Mommy IQ: The Complete Guide to Pregnancy



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Reviews

It is great and fantastic. Better then never, though i am quite late in start reading this one. Your life period will likely be transform once you comprehensive reading this book.

(Blanca Davis)

MOMMY IQ: THE COMPLETE GUIDE TO PREGNANCY

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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 shares the tips, tricks, and secrets that will ease moms from that initial nerve-racking checkup through the first sleepless nights at home with a new baby. The ultimate must-have guide for any mom-to-be, Rosie Pope's *Mommy IQ* will give women the confidence they need to stay healthy, keep relationships strong, and even laugh a little when the going gets tough.

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