



The Pregnancy Pocket Bible: Everything an expectant mother needs to know (Pocket Bibles)

Hollie Smith

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Want to look stylish during pregnancy without spending a fortune? Feel uncertain about how many cups of coffee you can drink? Have you had a peculiar craving and want to know if it's normal? Need some pointers on what to pack for the hospital? The Pregnancy Pocket Bible is brimming with answers and tips on everything that matters during your special nine months, including:

- What happens at your first scan?
- Which foods are best for your bump?
- When's safe to fly during pregnancy?
- How do you prepare for the birth?
- Which baby names are popular and which to avoid?

This indispensable little guide will tell you what you need to know when you need to know it.

This beautiful hardback edition has both dust-cover and gold embossing on the spine making it the perfect gift. Every Pocket Bible is lovingly crafted to give you a unique mix of useful references, handy tips and fascinating trivia that will enlighten and entertain you at every page. There is a Pocket Bible for everyone...

Other titles in the series: The Wedding Pocket Bible, The Mum's Pocket Bible, The Dad's Pocket Bible, The Cat Lover's Pocket Bible and The London Pocket Bible.



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