



## Healthy Pregnancy (Paperback)

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By Gill Thorn

Octopus Publishing Group, United Kingdom, 2003. Paperback. Condition: New. Language: N/A. Brand New Book. Produced in association with Practical Parenting magazine, this book offers advice and anecdotes to ensure your pregnancy and labour are as comfortable as possible. Advice on what to eat during pregnancy, how to avoid excess weight gain, and giving up bad habits is included. Gentle exercises for pregnancy and positions for birth are also described.



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