



Making a Baby: Everything You Need to Know to Get Pregnant

Debra Fulghum Bruce, Samuel S. Thatcher

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You may have waited a long time. You may have tried and tried. Now your chances of having a baby are better than ever!

There have been remarkable advances in fertility technology and choices in the last few years, with pregnancy success rates skyrocketing. Now Making a Baby provides the information you need to become your most fertile--and increase your chances for having the baby you've always wanted. Up-to-date, comprehensive, written with compassion and clarity, this book reveals how to protect, increase, and extend your fertility, with essential information on:

- The optimal frequency, timing, and sexual positions for getting pregnant
- Surprising new findings on which foods and exercise programs boost fertility--and which ones actually decrease your chances
- Advances in baby-boosting medications--and a complete assessment of risks, costs, and alternatives
- Breakthrough medical techniques that help achieve pregnancy without the risk of multiples
- Avoiding the common--and often hidden--threats to fertility at work, at home, and in public places
- Choosing the A.R.T. (assisted reproductive technology) that's right for you
- Special issues for midlife mothers
- What every man should know about his long-term reproductive health
- How to minimize emotional stress and keep your relationship strong
- How to work with your HMO to get the right treatments--at the right cost

This detailed, insightful, and meticulously researched book will help guide you to a wonderful new beginning as a parent!

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Why don't make it to be your habit? Right now, try to ready your time to do the important take action, like looking for your favorite book and reading a guide. Beside you can solve your problem; you can add your knowledge by the publication entitled Making a Baby: Everything You Need to Know to Get Pregnant. Try to face the book Making a Baby: Everything You Need to Know to Get Pregnant as your good friend. It means that it can be your friend when you experience alone and beside that of course make you smarter than previously. Yeah, it is very fortunate for you. The book makes you much more confidence because you can know every little thing by the book. So, let's make new experience and knowledge with this book.

Katie Doll:

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Stephanie Matias:

Information is provisions for people to get better life, information today can get by anyone from everywhere. The information can be a information or any news even a concern. What people must be consider if those information which is from the former life are hard to be find than now's taking seriously which one is appropriate to believe or which one the particular resource are convinced. If you have the unstable resource then you buy it as your main information you will have huge disadvantage for you. All of those possibilities will not happen in you if you take Making a Baby: Everything You Need to Know to Get Pregnant as the daily resource information.

Susan Negri:

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