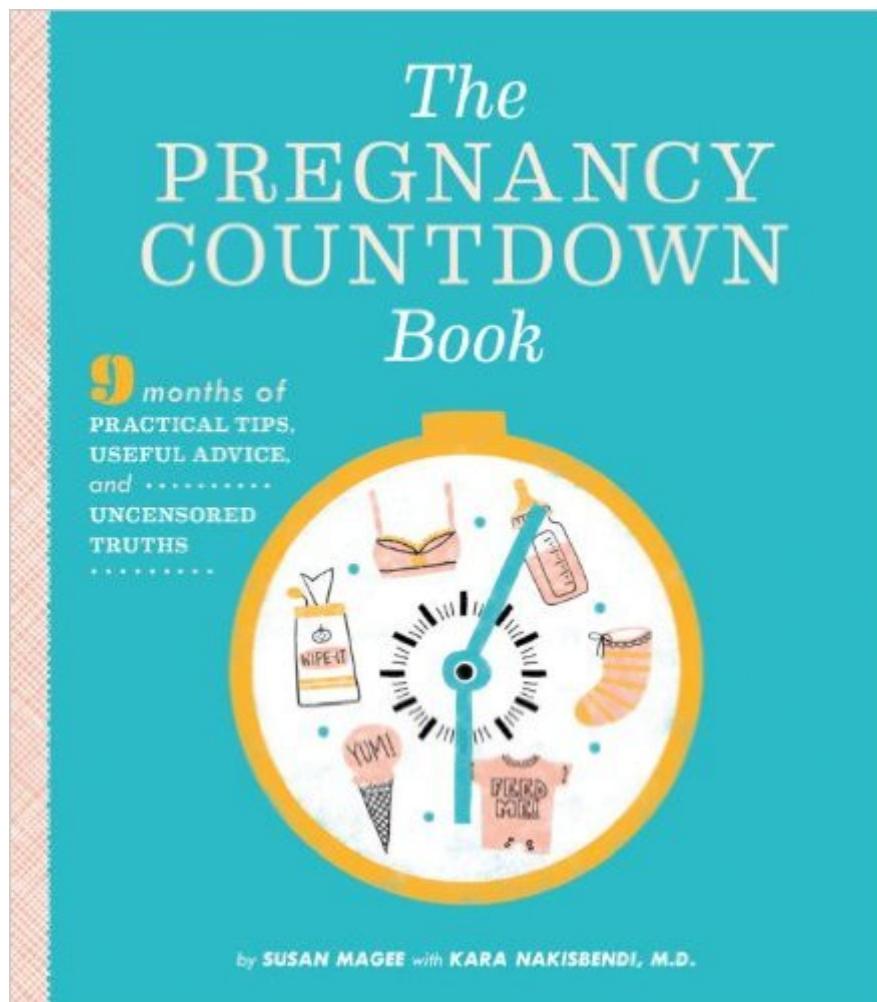


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The Pregnancy Countdown Book: Nine Months Of Practical Tips, Useful Advice, And Uncensored Truths



Synopsis

The average pregnancy lasts 280 daysâ "and the suspense can be excruciating! The Pregnancy Countdown Book counts down the biggest milestones every step of the way, with one page of helpful information for each day of your pregnancy. Here are tips from doctors and mothers, amusing anecdotes and quotes, and all of the uncensored details that other books wonâ ™t tell you. The perfect gift for expecting moms of all ages, The Pregnancy Countdown Book is a delightfully irreverent look at the craziest nine months of your life.

Book Information

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Customer Reviews

The Pregnancy Countdown Book is a page-a-day guide chock full of advice for expecting parents. Author Susan Magee cuts right to the chase and avoids euphemisms--pregnancy is not "complex," it is hard--hard in the first trimester, hard in the middle, and hard near the end. Magee describes the rewards, but she doesn't try to sugar-coat anything. Many of the gems in this book deal with those things you need to know but are reluctant to ask: foods and activities to stop when you are pregnant, proper sleeping posture, when to stop air travel, dealing with varicose veins, and how (and when) to break the news to friends and family. Tips include recommended products, resources, tricks, and websites. This is the kind of book that reassures a worry-wort, because the author and her MD co-author have been there and done it all, and they will remind you what to do at the right time. I was especially intrigued by Magee's attention to the relationship between the parents. She addresses the stresses that the mom and her significant other will experience, and how to relate to

your partner during these 250 days. Bottom line: this is a value-packed offering and a highly recommended gift item.

Susan Magee lives in my neighborhood. She's the nicest and funniest person, always cracking us up. I was pregnant while she was working on her book and she made me laugh and gave me so much good advice. She was the only person who told me that we should take an experienced mom to Babies R Us to register and not to feel bad if we had to go back three times to figure it all out. She was the only person who told me that I should prepare for a C-section, just in case. I'm glad I listened to her. Despite my intention to deliver my daughter with a midwife, Maya was breech and I needed a C-section. If I hadn't read up about the procedure (Susan gave me the pages of her manuscript), I would have been terrified. She also warned me not to freak out if I didn't bond with the baby instantly. She said for many women, the experience of childbirth (plus surgery) is so overwhelming that it's hard to focus on the baby right away. Finally, she's the only one who prepared me for how hard it was going to be to breastfeed in the beginning. I remember she said, "You think that because the baby's life depends upon getting this food, that it would be easy. But it's not. So don't worry too much if it takes you and the baby a few weeks, or even a month, to get into the groove. You're not doing it wrong, it's just a huge adjustment for both of you and it's painful in the beginning." After Maya was born, I read Susan's book anyway. It's so funny and so true. It is really saying something if you aren't even pregnant and got a lot out of a pregnancy book. Plus she talks a lot about keeping your expectations low, how your recovery is going to be, and asking for help when you first bring a baby home. Do yourself a favor and get this book. It's really wonderful.

I bought it as a starter book for my first pregnancy. Every page basically says: hey, we all know what I know... pregnancy is hard... but with a bit of humor we can make it through! This may or may not be your attitude towards pregnancy. Personally, I think pregnancy is wonderful. But then, I was lucky to feel good most of the time... may not apply to everyone. The book said: you should feel crappy, and I wondered: "am I normal?" I didn't feel I needed the humorous approach they suggest; moreover, I felt that their humor assumes too much. And I didn't particularly like the excessively familiar tone of this book. Otherwise, it's quick and light reading on the go, quite pleasant too. I like the way it's organized day-by-day. Unfortunately, even though it makes you feel like it should contain lots of info that would be daily applicable, that is not the case. It's full of encouragement, though, if that's what you need! It does not give you many tips on nutrition or exercises for a healthy pregnancy (or details on the complications), but there are other books out there that do. You may

find a few practical bits of advice among the rest of the chatter. Overall, this is a fun addition to my pregnancy library, but I wouldn't have missed it.

I really enjoy having this book in my "pregnancy library"; it sits on the nightstand beside my bed and once or twice each week, I review the milestones my baby is encountering. The book is not intended to be a medical text or comprehensive guide to all the biological changes that pregnancy causes, but don't we [pregnant women] already have enough of those? The book is fantastic in helping to visualize my baby's size and appearance, and also in helping me prepare for the delivery without turning me off by interjecting her stance on certain issues. Too many of the books available dedicated to pregnancy claim to give you all the information you need, but if you read word-for-word, you can easily discern the author's bias on many controversial issues (for example: "breast is best!" or the circumcision debate). I love that Magee simply informs you that you need to make a decision and doesn't make you feel guilty for making that choice! I also love the often-humorous quotes provided by real moms. I will certainly buy this book for all of my friends when they're having their first babies. It has certainly helped the past 34 weeks speed by!

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