



# The Contented Pregnancy

*Charlotte Chaliha, Gina Ford*

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## **The Contented Pregnancy** Charlotte Chaliha, Gina Ford

Discovering that you are about to become a mum is one of life's most joyful moments. This indispensable guide from Gina Ford and consultant obstetrician Dr Charlotte Chaliha provides mums-to-be with the practical, reassuring and down-to-earth advice they need for a calm and contented pregnancy. Includes:

- a month by month guide to the growth of your baby and your changing body
- up-to-date guidance on nutrition, exercise and health
- advice on preparing your home and lifestyle for a new arrival
- how to prepare yourself for labour and birth
- what to expect in the first few weeks with your baby

The Contented Pregnancy is the essential guide to enjoying a relaxed pregnancy and giving your baby the very best start in life.

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