



Everything You Need to Know to Have a Healthy Twin Pregnancy

Gila Leiter, Rachel Kranz

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Twins...triplets...quads...finally! The book that answers all your questions about multiple birth--written by a doctor who is a mother of twins herself

Over ten years ago when Dr. Gila Leiter, herself an OB/GYN, was pregnant with twins, the book she desperately needed wasn't available. **Now it is: Everything You Need to Know to Have a Healthy Twin Pregnancy.** Taking you step-by-step through the processes of pregnancy and birth, Dr. Leiter shares her professional and personal expertise, providing answers to all your questions, plus practical know-how, psychological support, and extensive resources for this most joyous--and overwhelming--experience, whether you're having two babies...or four! Learn:

The latest in fertility treatments and reproductive technology, and the probable outcome

What to expect, trimester by trimester

Concrete suggestions for working through your hopes, fears, and fantasies

Who should seek genetic counseling

How to avoid preterm labor and premature delivery--and what to do if it's unavoidable

Recommended vitamins and minerals--plus do's and don'ts

All about medications: what you can take, can't take, must take

What you should know if you're going to have a C-section

Specific ideas for nurturing yourself and reducing stress

The birthing process and what to expect in the delivery room

Twelve questions to ask the doctor you're considering choosing for your pediatrician

What it's like to bring babies home--and what you'll need to manage your new family

And much more

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From reader reviews:

Joshua Johnson:

Book is to be different for each and every grade. Book for children till adult are different content. We all know that that book is very important for all of us. The book Everything You Need to Know to Have a Healthy Twin Pregnancy ended up being making you to know about other expertise and of course you can take more information. It is very advantages for you. The book Everything You Need to Know to Have a Healthy Twin Pregnancy is not only giving you much more new information but also to become your friend when you experience bored. You can spend your own personal spend time to read your e-book. Try to make relationship while using book Everything You Need to Know to Have a Healthy Twin Pregnancy. You never truly feel lose out for everything if you read some books.

Donald Sams:

Everything You Need to Know to Have a Healthy Twin Pregnancy can be one of your nice books that are good idea. All of us recommend that straight away because this e-book has good vocabulary that may increase your knowledge in language, easy to understand, bit entertaining but nevertheless delivering the information. The article writer giving his/her effort that will put every word into satisfaction arrangement in writing Everything You Need to Know to Have a Healthy Twin Pregnancy although doesn't forget the main place, giving the reader the hottest in addition to based confirm resource info that maybe you can be considered one of it. This great information may drawn you into new stage of crucial imagining.

Juana Houck:

This Everything You Need to Know to Have a Healthy Twin Pregnancy is great e-book for you because the content which is full of information for you who also always deal with world and also have to make decision every minute. This kind of book reveal it information accurately using great organize word or we can claim no rambling sentences inside it. So if you are read the idea hurriedly you can have whole information in it. Doesn't mean it only provides straight forward sentences but tricky core information with attractive delivering sentences. Having Everything You Need to Know to Have a Healthy Twin Pregnancy in your hand like getting the world in your arm, details in it is not ridiculous 1. We can say that no reserve that offer you world within ten or fifteen minute right but this book already do that. So , this can be good reading book. Heya Mr. and Mrs. occupied do you still doubt that?

Charline Bynum:

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