



A Complete Handbook for Women Planning a Pregnancy: How to Prepare Your Body, Mind and Soul For a Smooth Pregnancy And a Healthy Baby

Dr. Jyothi Shenoy

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Pregnancy is the most important and a very beautiful milestone in women's life. This all-in-one book is aimed at women who are planning a pregnancy or are already pregnant to help them know the best dietary and lifestyle tips that will make sure they can enjoy a smooth pregnancy and deliver a healthy baby. The book provides great tips for keeping your mind and body at the best health and to prevent emotional issues arising during pregnancy. It also tells about the dos and don'ts to be followed before getting pregnant and during pregnancy and clears common myths. It will guide you regarding your concerns related to your career and finances so that your mind is free from these stresses. It will tell you how exactly you are going to prepare your other family members including your older kids, grandparents and pets for the new member entering your family. It gives some great tips that will help you conceive faster. And above all, it will help you prepare yourself for taking good care of your baby once he is born and help you become responsible parents.



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