



# The Mother of All Pregnancy Books: An All-Canadian Guide to Conception, Birth and Everything In Between

By Ann Douglas

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## **The Mother of All Pregnancy Books: An All-Canadian Guide to Conception, Birth and Everything In Between** By Ann Douglas

If you're looking for the inside scoop on what it's really like to have a baby, you've come to the right place. This comprehensive guide features a friendly, fresh, and fun approach to the greatest adventure life has to offer. Based on the best advice from over 100 Canadian parents and panel of experts, this information is served up with a uniquely Canadian spin. *The Mother of All Pregnancy Books* is funny, entertaining, and packed with tons of nuts-and-bolts information and presents expectant parents with all the facts on such perennial hot topics as pain relief during labor, episiotomy, and circumcision, empowering them to make informed personal choices.

Unique and innovative, this book is packed with helpful tools readers won't find anywhere else, including charts highlighting the risks of using various over-the-counter drug products during pregnancy, tables summarizing the functions of the 10 most important nutrients during pregnancy, lists of the 10 best-and worst-baby products, and much, much more. Featuring a glossary of pregnancy-related terms, a sample birth plan and a set of emergency childbirth procedures, *The Mother of All Pregnancy Books* isn't afraid to tackle difficult subjects, like infertility, high-risk pregnancy, and pregnancy and infant loss -- topics that most other pregnancy books shy away from.

### **New features include:**

- The Pregnancy Roadmap: a week-by-week; month-by-month; and trimester-by-trimester overview of the key pregnancy milestones and highlights
- Pregnancy Q & As
- Baby Gear 101
- Your Post-Partum Body
- And a brand new section called "The Truth About Pregnancy Brain"



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### Editorial Review

#### About the Author

**Ann Douglas** is an award-winning journalist and the author of 28 books including *The Mother of All Baby Books*, *The Mother of All Toddler Books*, *The Mother of All Parenting Books* and *The Mother of All Pregnancy Organizers*. Ann's various books are also available -- or forthcoming -- in China, Russia, Greece, Indonesia, and Finland. A parent educator and mother of four, Ann is also the co-author (with John R. Sussman, M.D.) of two other highly popular pregnancy books: *The Unofficial Guide to Having a Baby* and *Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth, and Infant Loss*. Ann recently served as the honorary Campaign Chair of the National Healthy Mothers Healthy Babies 9-Month Club and was recently named to the National Advisory Board for *Invest in Kids*. Known for her lively anecdotes and real-world advice, Ann has also been a regular contributor to *WebMD.com*, *PregnancyandBaby.com* and *Yahoo! Canada*. Ann writes regular columns for *Conceive Magazine*, *Living Spree*, *Urban Baby and Toddler*, *City Parent* and *What's Up Kids?*. She has also written for such publications as *Today's Parent*, *Chatelaine*, *Canadian Living*, and *The Globe and Mail*. She makes frequent appearances on both radio and television and is regularly quoted in such publications as *Parenting*, *Parents*, *Fit Pregnancy*, *American Baby*, and *Working Mother*. Ann lives in Peterborough, Ontario, with her husband and four children. Visit [www.having-a-baby.com](http://www.having-a-baby.com) or [www.anndouglas.ca](http://www.anndouglas.ca).

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