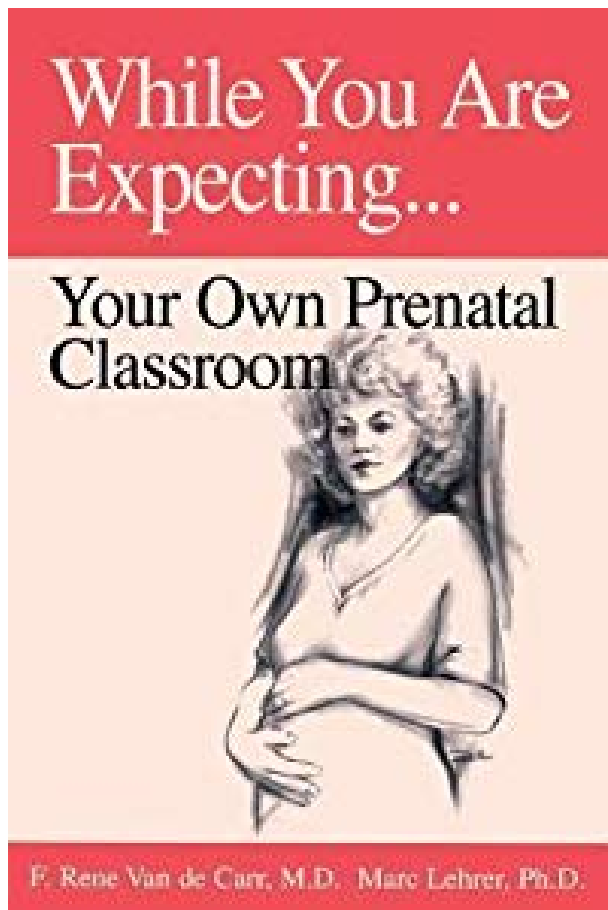


While You Are Expecting: Creating Your Own Prenatal Classroom



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In this practical, easy-to-follow guide, obstetrician and fertility expert F. Renee Van DeCarr and Dr. Marc Lehrer M.D.

show moms and dads-to-be how to: -Reduce stress and prepare an optimal prenatal environment -Follow the stages in a baby s physical and mental growth -Learn interactive exercises to prepare for your infant s birth While You are Expecting offers the simple path expectant parents can take that will result in the birth of a calm, intelligent child who already has bonded with the two people who love him most.

Featured on Oprah, Donahue, in Newsweek, Reader s Digest, and USA Today, While You are Expecting is a must-have addition to any nursery bookshelf. "