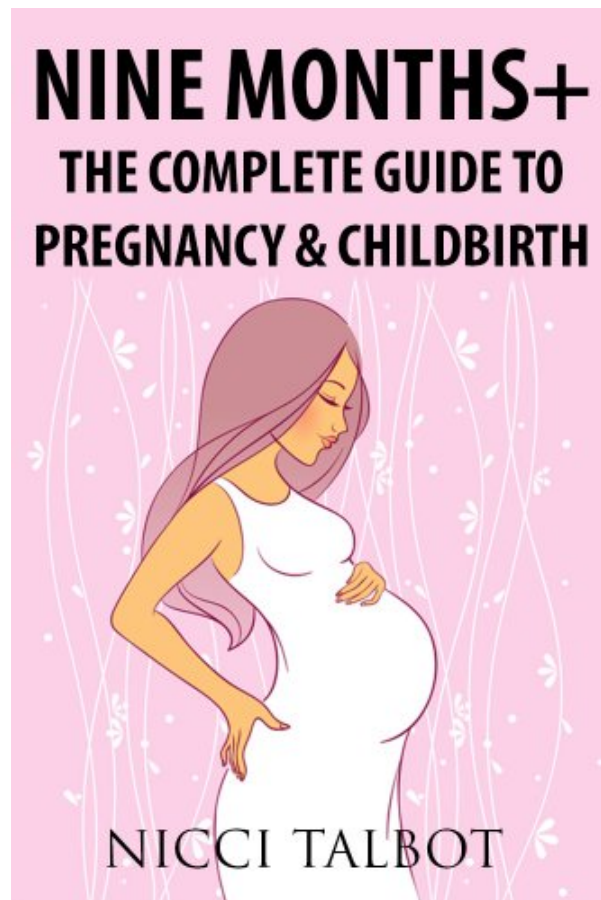


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Nine Months. It is the most amazing journey in any women's life. But also one of the most challenging.

How will you cope with the pregnancy? How will your body change, and your emotions with it? How can you give your precious baby the best start in life, and how can you nurse him or her through the first few weeks of life?

Whether this is your first child or your fifth, Nine Months+ is the essential guide to childbirth that no mother-to-be can afford to be without.

It is comprehensive handbook that guides you through all of the stages of pregnancy and childbirth step by step.

Up-to-date, scientific, and yet also personal, it contains guidance on both the traditional approaches to childbirth as well as the newer complimentary therapies and birthing techniques so you can chose the best method for you and ensure you give your baby the best start in life.

From getting pregnant and the stages of conception right the way up to getting to know your baby, Nicci Talbot answers all those questions you never thought to ask - and all of the questions you need to know the answer to.

Packed with helpful tips and humorous anecdotes, Nine Months is clear, simple and easily navigable. It's collection of 'Birth Stories' at the end of the guide adds a depth of personal experience and will reassure mothers that they are not alone in their feelings.

Nine Months+ includes chapters on:

Getting pregnant

First Trimester (weeks 1-13)

Second Trimester (weeks 13-28)

Third Trimester (weeks 28-40)

Labour and delivery (weeks 37+)

Post birth: emotions and practicalities

Birth Stories

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0 of 0 people found the following review helpful.

Essential reading for first, second or even tenth time mothers!

By Rachel

Amongst the overwhelming market of books written for expecting mothers, I very much doubt there are many that cover as much ground as this for under £3. From conception up until after the birth, this book provides a wealth of information that draws on the author's own experience as well as expert advice. I found it wasn't too 'medical' either, there was a lot of practical advice and the author has a great way of creating humour out of a potentially scary situation. The 'birth stories' at the end was a nice touch; it's reassuring to read about people doing things successfully in their own slightly different ways - as a new mother you will always worry about doing things wrong. For me, a guide like this is essential for when in doubt.

0 of 0 people found the following review helpful.

A real eye-opener.

By LyndsayA

As I started reading Nine Months I thought that this book would only be a guide through the stages of pregnancy and what to expect but it's much more informative than that; it starts from the basics of conception and offers a clear picture of the whole process. I found that it was a good all-round book that covers so many aspects, even from before conception and I found it useful reading about the author's experience and the tips from different perspectives. Coates' book is unique in that it seems to be aimed at educating both father and mother. I found the sections on 'Common Problems' and 'Baby's Development' particularly useful and the Birth Stories were enlightening.

0 of 0 people found the following review helpful.

great book but warning

By samantha Kay

I love this book it has a lot of good information and isn't as bias as many others I have read but it does side a bit with natural birth (which is fine with me) because that is what the writer experienced. Even though the bias she still encourages readers to do what's best for you and what your doctor recommends. Now the warning is that the book was written by a British women and some of the English may be odd like different names for types of doctors and such. Along with this all the sites are .co.UK which again is fine. But as long as you have common sense and or Google this book is very helpful and I recommend it 100%

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