

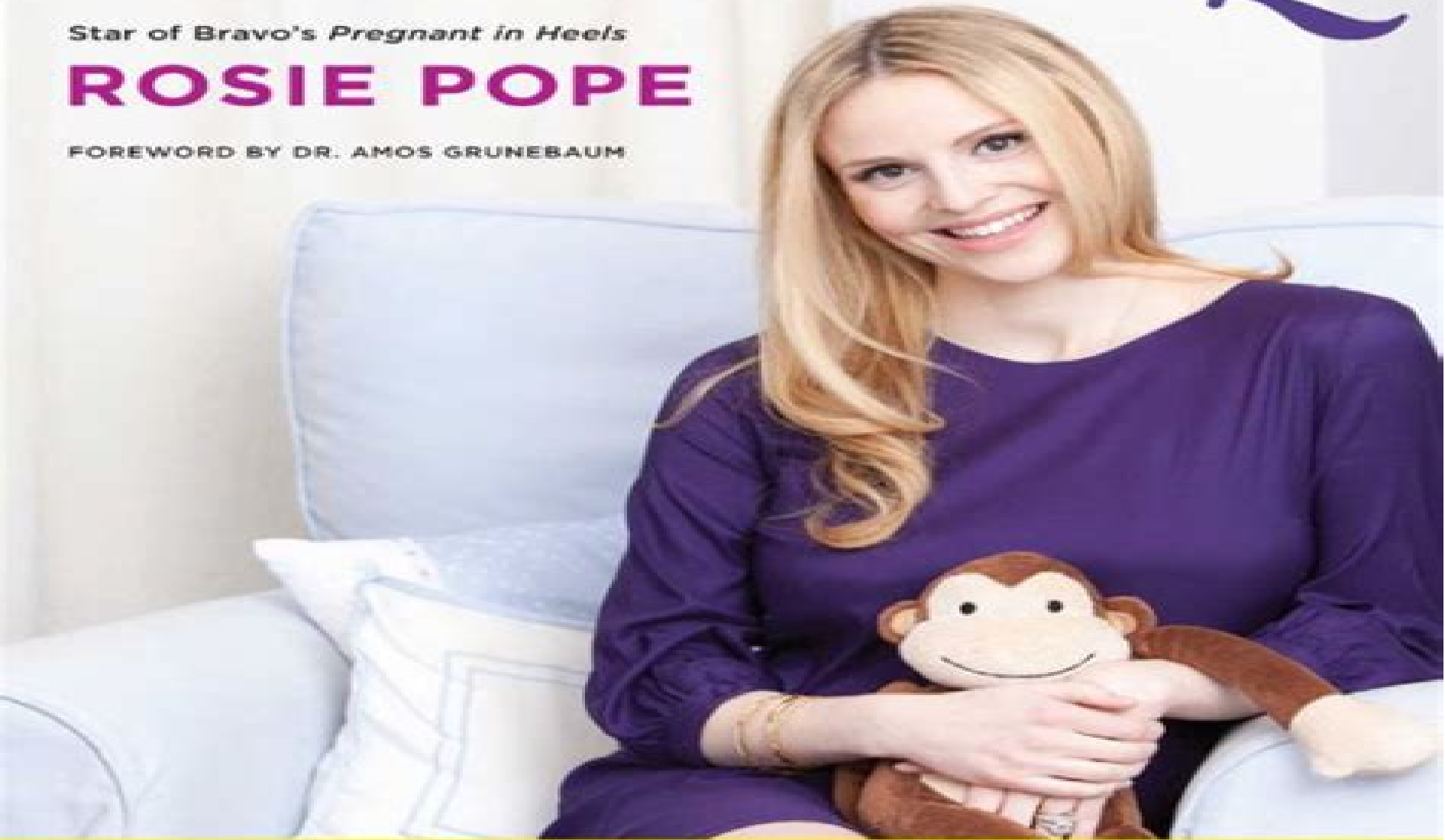
MOMMY IQ

THE COMPLETE GUIDE TO PREGNANCY

Star of Bravo's *Pregnant in Heels*

ROSIE POPE

FOREWORD BY DR. AMOS GRUNEBAUM



ENHANCED EDITION

Mommy IQ The Complete Guide To Pregnancy

Anne Chang



Mommy IQ The Complete Guide To Pregnancy:

Mommy IQ (Enhanced Edition) Rosie Pope, 2012-10-02 The enhanced ebook edition of Mommy IQ includes 11 exclusive video clips and a collection of audio discussions where Rosie Pope levels with you on the challenges of pregnancy Travel with Rosie from her maternity boutique to her home and get personal advice on topics from what to wear while pregnant to how to handle difficult subjects like intimacy during pregnancy prenatal testing and learning the baby's sex Rosie's own doctor Dr Amos Grunebaum and husband Daron also lend their unique perspectives on topics like the questions a pregnant woman should ask her doctor and how to make your partner feel included in the experience and more Rosie Pope pregnancy expert maternity fashion designer and star of Bravo's hit show Pregnant in Heels offers an all encompassing guide to pregnancy What's your Mommy IQ Every mom to be wants a perfect healthy pregnancy But as the nine months start to fly by it's easy for new parents to become overwhelmed and intimidated by the mountains of information and advice available Enter pregnancy expert Rosie Pope With her signature style humor and razor sharp expertise Rosie offers women the ultimate guide to these unique nine months ahead Chapter by chapter and month by month Rosie helps women raise their own Mommy IQ by telling them exactly what's going on with their baby their body and their partner Tackling everything that might weigh on a new mom's mind from prenatal testing and ultrasounds to setting nutrition and exercise goals to creating a birth plan Rosie guides new parents with humor and been there insights and plenty of medical facts and advice from renowned experts and doctors to back it all up Through practical checklists sidebars and her own personal stories Rosie shares the tips tricks and secrets that will ease moms from that initial nerve racking checkup through the first sleepless nights at home with a new baby The ultimate must have guide for any mom to be Rosie Pope's Mommy IQ will give women the confidence they need to stay healthy keep relationships strong and even laugh a little when the going gets tough Please note that due to the large file size of these special features this enhanced e book may take longer to download than a standard e book

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