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Getting Ready for the Big PUSH: Everything You Need to Know about Preparing for Childbirth (Pregnancy, Labour and your New Family Member Book 1)

Elizabeth Goldsmith

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This book contains proven steps and strategies on how to equip yourself with the necessary information and things that will help you confidently face Labour Day.
Getting yourself ready for the big push can be daunting, what with all the preparations you have to make in order to successfully deliver your baby– from learning how to breathe deeply while riding out your contractions as well as handling your labour pains with different kinds of pain medications, exercises, and management techniques, to knowing exactly what to do while pregnant as well as what to bring on the big day.
Through this book, you will also learn how to prepare for unexpected scenarios, especially where the safety of your baby is concerned. You will know what a C-section is, what it is for, and why you may need to consider having it done.
Overall, this book aims to help you go through the labour and delivery process as comfortably and painlessly as possible. Your payoff will be having more peace of mind, energy, and time to truly enjoy your newborn baby, which is the reason why all that pain will be well worth it after all.
Thanks again for downloading this book, I hope you enjoy it!

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Getting Ready for the Big PUSH: Everything You Need to Know about Preparing for Childbirth (Pregnancy, Labour and your New Family Member Book 1) can be one of your starter books that are good idea. Most of us recommend that straight away because this e-book has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining however delivering the information. The copy writer giving his/her effort to place every word into joy arrangement in writing Getting Ready for the Big PUSH: Everything You Need to Know about Preparing for Childbirth (Pregnancy, Labour and your New Family Member Book 1) yet doesn't forget the main stage, giving the reader the hottest and also based confirm resource info that maybe you can be among it. This great information may drawn you into brand new stage of crucial imagining.

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