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It can also be a bit terrifying. You have many questions and you don't know what to expect. Questions like, how do you choose the right OB-GYN? What foods can you eat? What if I go into labor earlier? Every new parent goes through this.

The questions.

The worrying.

The anxiety.

Some parents tuck these thoughts away but there's a better way to get rid of the anxiety. You get informed. You make the choice to educate yourself about what you don't know. It takes time and effort but it's worth it. And that's what this

book will help you do.

Inside, I'll answer your most burning questions about pregnancy and labor. You'll discover why there's not much to worry about as you would expect. Together, we'll walk arm in arm as I guide you through your pregnancy. One step at a time, we'll explore the unknown, and you'll even get answers to questions you didn't know you had!

Expecting First-Time Moms is a beacon, a light in the dark to help you find your way back home. Let's put an end to those sleepless nights.

This complete guide will help you:

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