



The Little Big Book of Pregnancy (Little Big Books (Welcome))

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A prequel to our best-selling Little Big Book for Moms! The 12th title in the Little Big Book series, The Little Big Book of Pregnancy is destined to become a classic literary companion for any expectant mom. Filled with the best fiction, poetry, and essays on the subject of birth and pregnancy, this heartwarming anthology is also peppered with fascinating customs and rituals from around the world, time-honored home remedies, delightful old wives' tales, nutritious recipes, and wonderful crafts and activities. The turn of each page brings something interesting and entertaining to read, to do, or to learn. Illustrated throughout with the same period art and ephemera that has become the signature of this series, the imagery is both charming and elegant. A visual and editorial feast, The Little Big Book of Pregnancy is simply the perfect gift for any mom-to-be. Featuring: 8 literary excerpts and short stories, including The Good Earth by Pearl S. Buck, Delusions of Granma by Carrie Fisher, and The Diary of Adam and Eve by Mark Twain. 12 essays by such notable writers as Naomi Wolf, Louise Erdrich, and Hope Edelman. 12 poems by, among others, Sylvia Plath, Walt Whitman, Erica Jong, and Joyce Carol Oates. Home remedies for seven typical pregnancy complaints, including stretch marks, morning sickness, body aches, and heartburn. More than 50 traditions from around the world covering birth, naming, labor, and pregnancy. More than 50 traditions from around the world covering birth, naming, labor, and pregnancy. More than 50 old wives tales, including how to tell if it's a boy or a girl, what to do for a smooth delivery, and how to know if you're having twins! 16 recipes for nourishing treats such as Energizing Drinks, Super Sandwiches, Delicious Snacks, and Satisfying Salads. 16 activities, such as writing letters to your unborn child, painting a cloud ceiling in the nursery, and relaxing with daily meditations. 6 categories of "Fun Facts," including popular baby names from around the world, a month-by-month guide to your baby's fetal development, and statistics about babies, birth, and pregnancy. More than a dozen quotes concerning birth, pregnancy and becoming a parent, by celebrities, writers, and notable personalities such as William Blake, Alistair Cooke, Colette, Robin Williams, and Erma Bombeck.

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