



The Pregnancy Instruction Manual: Essential Information, Troubleshooting Tips, and Advice for Parents-to-Be (Owner's and Instruction Manual)

Sarah Jordan

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At last! A comprehensive guide to worry-free pregnancy!

Bringing a baby into the world is one of life's defining moments. But there's no getting around it: Being pregnant can feel overwhelming.

Fortunately, *The Pregnancy Instruction Manual* is here to answer all of your most pressing questions. Will the morning sickness ever go away? How big is my baby at 26 weeks? Are beef jerky cravings normal? How do I ward off the unwanted tummy-touch era? And most of all, will I ever get a good night's rest again? Expectant parents will find the answers here courtesy of veteran mom Sarah Jordan and certified OB-GYN (and three time dad) David Ufberg.

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