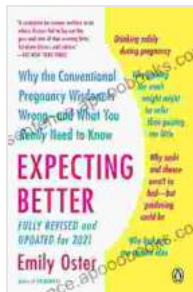


# Why The Conventional Pregnancy Wisdom Is Wrong And What You Really Need To Know



## Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know (The ParentData Series Book 1) by Emily Oster

★★★★☆ 4.7 out of 5



### Are you pregnant or planning to become pregnant?

If so, you need to read this book. The conventional pregnancy wisdom is wrong about a lot of things, and this book will tell you what you really need to know.

You'll learn about:

- \* The best way to eat during pregnancy
- \* How to avoid common pregnancy complications
- \* The benefits of natural childbirth
- \* How to choose the right healthcare provider
- \* What to expect during labor and delivery
- \* How to recover from childbirth

This book is based on the latest research and the experience of a team of experts, including doctors, midwives, doulas, and childbirth educators. It's the most comprehensive and up-to-date guide to pregnancy and childbirth available.

If you're pregnant or planning to become pregnant, you need to read this book. It will help you make the best decisions for yourself and your baby.

### **Here's what people are saying about this book:**

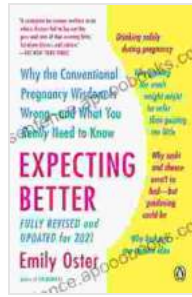
"This book is a must-read for any pregnant woman or woman planning to become pregnant. It's full of evidence-based information and practical advice that can help you have a healthy pregnancy and birth." - Dr. Sarah Buckley, OB/GYN

"This book is a game-changer. It challenges the conventional wisdom about pregnancy and childbirth and provides women with the information they need to make informed decisions about their care." - Ina May Gaskin, author of Ina May's Guide to Childbirth

"This book is a must-have for any woman who wants to have a natural childbirth. It provides clear, concise information on all aspects of pregnancy and childbirth, and it's written in a friendly, supportive tone." - Penny Simkin, PT, childbirth educator

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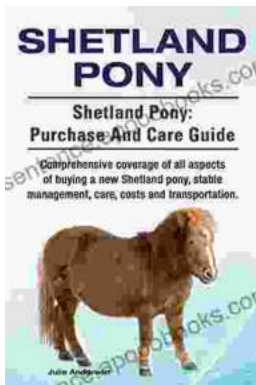
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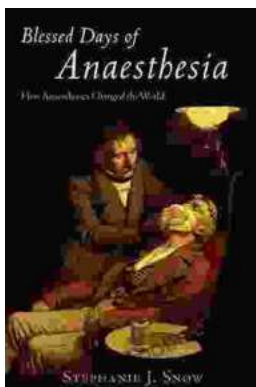
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