

## We Are Having A Baby Your Buddy Boodles

Told through the voice of the excited big sister, an informative look at how babies come about traces the embryo's development, explains conception, and shows the process of her mother going into labor.

A Man's Survival Guide to Pregnancy It's easy for a man to feel like a bystander during pregnancy. Finally, from one man to another, here is a pregnancy book with funny, down-to-earth, and practical advice on: figuring out what your wife's obstetrician is saying keeping your sex life alive staying on top of insurance forms and other paperwork and much, much more This book will help make pregnancy the experience of a lifetime.

A baby boy's arrival into a family is told in photographs from the viewpoint of his four-year-old sister.

Some things about babies, happily, will never change. They still arrive warm, cuddly, soft, and smelling impossibly sweet. But how moms and dads care for their brand-new bundles of baby joy has changed—and now, so has the new-baby bible. Announcing the completely revised third edition of *What to Expect the First Year*. With over 10.5 million copies in print, *First Year* is the world's best-selling, best-loved guide to the instructions that babies don't come with, but should. And now, it's better than ever. Every parent's must-have/go-to is completely updated. Keeping the trademark month-by-month format that allows parents to take the potentially overwhelming first year one step at a time, *First Year* is easier-to-read, faster-to-flip-through, and new-family-friendlier than ever—packed with even more practical tips, realistic advice, and relatable, accessible information than before. Illustrations are new, too. Among the changes: Baby care fundamentals—crib and sleep safety, feeding, vitamin supplements—are revised to reflect the most recent guidelines. Breastfeeding gets more coverage, too, from getting started to keeping it going. Hot-button topics and trends are tackled: attachment parenting, sleep training, early potty learning (elimination communication), baby-led weaning, and green parenting (from cloth diapers to non-toxic furniture). An all-new chapter on buying for baby helps parents navigate through today's dizzying gamut of baby products, nursery items, and gear. Also new: tips on preparing homemade baby food, the latest recommendations on starting solids, research on the impact of screen time (TVs, tablets, apps, computers), and "For Parents" boxes that focus on mom's and dad's needs. Throughout, topics are organized more intuitively than ever, for the best user experience possible.

Popular parenting expert Dr. Laura Markham, author of *PEACEFUL PARENTS, HAPPY SIBLINGS*, has garnered a large and loyal readership around the world, thanks to her simple, insightful approach that values the emotional bond between parent and child. As any parent of more than one child knows, though, it's challenging for even the most engaged parent to maintain harmony and a strong connection when competition, tempers, and irritation run high. In this highly anticipated guide, Dr. Markham presents simple yet powerful ways to cut through the squabbling and foster a loving, supportive bond between siblings, while giving each child the vital connection that he or she needs. *PEACEFUL PARENT, HAPPY SIBLINGS* includes hands-on, research-based advice on:

- Creating deep connections with each one of your children, so that each truly believes that you couldn't possibly love anyone else more.
- Fostering a loving family culture that encourages laughter and minimizes fighting
- Teaching your children healthy emotional self-management and conflict resolution skills—so that they can work things out with each other, get their own needs met and respect the needs of others
- Helping your kids forge a close lifelong sibling bond—as well as the relationship skills they will need for a life of healthy friendships, work relationships, and eventually their own family bonds.

"We are having a baby!" is for every little person who is going to be a Big Brother or Big Sister. This wonderful journey begins with the happy news that Baby is on the way and ends with a sweet bundle of joy. Boodle's motto, "I will wipe away your tears, chase away your fears and

be there with good cheer." Teachable moments, tender explanations and embracing "the why," makes Boodles a parent's buddy too!"--Page 4 of cover.

There are approximately 3,712 ways for a guy to look stupid during pregnancy - this book's here to help you avoid all(most) of them. And here's your first hint: Focus on what you can be doing for her rather than what's happening to her. She's pregnant. She knows that. You know that. And her 152 baby books tell her exactly what she can expect. Your job is to learn what you can do between the stick turning blue and the drive to the delivery room to make the next nine months go as smoothly as possible. That's where John Pfeiffer steps in. Like any good coach, he's been through it. He's dealt with the morning sickness and doctor visits, painting the baby's nursery and packing the overnight bag, choosing a name, hospital, and the color of the car-seat cover. All the while he remained positive and responsive - there with a "You're beautiful" when necessary - but assertive during the decision-making process (he didn't want to wind up with a kid named Percy). And now it's your turn. She might be having the baby, but you have plenty of responsibilities.

The arrival of a new baby is a cause for celebration, presenting opportunities to love, watch, touch, and care for the new family member.

### We're Having a BabyCampbell Books

Selected as One of the Best Books of the Year by: National Public Radio, Esquire, Bustle, Refinery29, Thrillist, Electric Literature, Powell's, Autostraddle, BookRiot, Women.com "Smart, funny, and true in all the best ways, this book made me ache with recognition." -- Cheryl Strayed A raw, funny, and fiercely honest account of becoming a mother before feeling like a grown up. When Meaghan O'Connell got accidentally pregnant in her twenties and decided to keep the baby, she realized that the book she needed -- a brutally honest, agenda-free reckoning with the emotional and existential impact of motherhood -- didn't exist. So she decided to write it herself. And Now We Have Everything is O'Connell's exploration of the cataclysmic, impossible-to-prepare-for experience of becoming a mother. With her dark humor and hair-trigger B.S. detector, O'Connell addresses the pervasive imposter syndrome that comes with unplanned pregnancy, the fantasies of a "natural" birth experience that erode maternal self-esteem, post-partum body and sex issues, and the fascinating strangeness of stepping into a new, not-yet-comfortable identity. Channeling fears and anxieties that are still taboo and often unspoken, And Now We Have Everything is an unflinchingly frank, funny, and visceral motherhood story for our times, about having a baby and staying, for better or worse, exactly yourself.

**PREGNANCY TRACKER** This is the perfect keepsake for an expectant mom. Having a baby is wonderful and exciting, planning for it and all the work that leads up to it can be stressful. This 8.5" x 11" planner is 100 pages and has everything you need to plan to keep track of your nine month journey. Stay organized with to-do lists, appointment trackers, shopping lists for you and the baby, checklists for the hospital, notes about prenatal visits, record baby shower gifts, record how your feeling and growing each week and write messages to you bundle of joy! Stay on top of all the details that are important through each trimester. **DETAILS:** 8.5" x 11" 100 cream colored pages with cute illustrations Cover features a black and white photograph of new parents hands forming a

heart around a newborn baby's feet Organizer is an awesome baby shower present. Click brand name for more journals and planners for pregnant moms. This gentle and incredibly poignant picture book tells the true story of how one baby found his home. "Some babies are born into their families. Some are adopted. This is the story of how one baby found his family in the New York City subway." So begins the true story of Kevin and how he found his Daddy Danny and Papa Pete. Written in a direct address to his son, Pete's moving and emotional text tells how his partner, Danny, found a baby tucked away in the corner of a subway station on his way home from work one day. Pete and Danny ended up adopting the baby together. Although neither of them had prepared for the prospect of parenthood, they are reminded, "Where there is love, anything is possible."

Being a great first-time dad doesn't mean being perfect. It means having the tools you need to be a supportive partner during and after pregnancy--which is exactly what *We're Pregnant! The First-Time Dad's Pregnancy Handbook* is all about. From heartburn and headaches to birth and breastfeeding, *We're Pregnant!* features practical, action-oriented pregnancy advice from the author of the *Dad or Alive* blog, Adrian Kulp, a (once clueless) dad who's been there and done that--three times, in fact!

This book includes a checklist of things that are important for each month of your pregnancy; check each item off as it is completed. Also included are lined pages for you to keep track of your notes and "to do" list. Interior pages are lined with a beautiful border that complements the cover. As an expectant mom, you have a lot of things to get done before the big arrival. You may be feeling joy, excitement, anticipation, and even nervousness - all perfectly normal. What you need is a list of what to expect during the next nine months and a detailed plan of what you should do as you progress through each month. You'll probably read a lot of books telling you what to do. Here's a practical solution for you to keep track of what you need to accomplish - just follow the checklist. Extra pages are included for you to keep notes along with 10 extra pages for you to track your research and "to do list." While your pregnancy journal is your beautiful keepsake, your *Pregnancy Checklist* is your log of what you need to do to prepare for your baby's arrival. You have a nursery to plan, your hospital bag to prepare, a baby shower list to assemble, and a host of other ideas that will pop into your head. This pregnancy checklist book is the perfect size to put in your purse, bag, or briefcase. Carry it with you everywhere you go and even plan to save it as a keepsake with your pregnancy journal after the delivery.

"This book is to help women have healthy babies, covering every aspect of pregnancy--from preparing to become pregnant and early signs of pregnancy, to exercise, healthy eating, and common discomforts during pregnancy as well as labor and delivery"--Goodreads.com.

Describes all the feelings an older brother or sister might have when a new baby boy enters the family. On board pages.

The classic guide of the post-Dr. Spock generation has been revised to include the latest information on virtually every aspect of infant and baby care. THE BABY BOOK is unrivaled in its scope and authority, and presents a practical, contemporary approach to parenting that reflects the way we live today. Focusing on the essential needs of babies--eating, sleeping, development, health, and comfort--it addresses the questions of greatest concern to parents. The Seares acknowledge that there is no one way to parent a baby, and they offer the basic guidance and inspiration you need to develop the parenting style that best suits you and your child. THE BABY BOOK is a rich and invaluable resource that will help you get the most out of parenting--for your child, for yourself, and for your entire family.

“[T]his book is so much more than a memoir . . . Her prose has the power to undo deep-set cultural biases about poverty and parenthood.”—New York Times Book Review An activist calls for better support of young families so they can thrive and reflects on her experiences as a Black mother and college student fighting for opportunities for herself and her child. *Pregnant Girl* presents the possibility of a different future for young mothers—one of success and stability—in the midst of the dismal statistics that dominate the national conversation. Along with her own story as a young Black mother, Nicole Lynn Lewis weaves in those of the men and women she’s worked with to share a new perspective on how poverty, classism, and systemic racism impact teen pregnancy and on how effective programs and equitable policies can help teen parents earn college degrees, have increased opportunity, and create a legacy of educational and career achievements in their families. After Nicole became pregnant during her senior year in high school, she was told that college was no longer a reality—a negative outlook often unfairly presented to teen mothers. Nicole left home and experienced periods of homelessness, hunger, and poverty. Despite these obstacles, she enrolled at the College of William & Mary and brought her 3-month-old daughter along. Through her experiences fighting for resources to put herself through college, she discovered her true calling and founded her organization, Generation Hope, to provide support for teen parents and their children so they can thrive in college and kindergarten—driving a 2-generation solution to poverty. *Pregnant Girl* will inspire young parents faced with similar choices and obstacles that they too can pursue their goals with the right support.

A candid, feminist, and personal deep dive into the science and culture of pregnancy and motherhood Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a placenta and how does it function? How does a body go into labor? Why is breast best? Is wine totally off-limits? But as she soon discovered, it’s not easy to find satisfying answers. Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and cultural attitudes that surround motherhood to find answers to questions that had only previously been given in the form of advice about what women ought to do—rather than allowing them the freedom to choose the right path for themselves. In *Like a Mother*, Garbes offers a rigorously researched and compelling look at the physiology, biology, and psychology of pregnancy and motherhood, informed by in-depth reportage and personal experience. With the curiosity of a journalist, the perspective of a feminist, and the intimacy and urgency of a mother, she explores the emerging science behind the pressing questions women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what’s really happening during those nine life-altering months, and why women deserve access to better care, support, and information. Infused with humor and born out of awe, appreciation, and understanding of the female body and its strength, *Like a Mother* debunks common myths and dated assumptions, offering guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives.

A baby sister is on the way! Older siblings will love this board book primer on how to receive their new addition. A baby sister is joining the family! That's great news, but older siblings may be a bit uncertain. Fortunately for them, this rhyming board book addresses what to expect: "Your sister will drool. She will smell. She will scream. She just might pull your hair. She'll do things that seem mean." The text, accompanied by irresistible art from renowned illustrator Sam Williams, also explains how older kids can be role models to their new little sister: "You can be her first teacher. Show her things that you know. Give her patience and love, she's just starting to grow." At the back of the book, there's even designated space for older siblings to write about their new baby sister. This book is a great gift for the new big brother or big sister to be! And a great gift for parents, too! Sam Williams's *Baby Cakes* has sold more than 65,000 copies!

The Big Steps series is designed to help little ones cope with everyday experiences in their little lives. In *We're Having a Baby*, Nancy is going to be a big sister. Her family help her prepare for the new baby. See Grandma and Grandpa come to look after her when Mummy and Daddy go to hospital, then watch as she welcomes her new brother home in this sweet and very practical novelty book with flaps and mechanisms. Each page has really helpful tips for parents and carers that are endorsed by leading Early Years Consultant, Dr Amanda Gummer. With delightful illustrations from Marion Cocklico, *We're Having a Baby* is the perfect story book to share and reassure every little person about to have a sibling. Discover more tips for big steps with *I'm Starting Nursery*, *I'm Not Sleepy* and *No More Nappies*

A young boy describes his feelings about the death of a baby in his family.

"Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way." —Amy Schumer \*Fully Revised and Updated for 2021\* *What to Expect When You're Expecting* meets *Freakonomics*: an award-winning economist disproves standard recommendations about pregnancy to empower women while they're expecting. From the author of *Cribsheet* and *The Family Firm*, a data-driven decision making guide to the early years of parenting—Pregnancy—unquestionably one of the most profound, meaningful experiences of adulthood—can reduce otherwise intelligent women to, well, babies. Pregnant women are told to avoid cold cuts, sushi, alcohol, and coffee without ever being told why these are forbidden. Rules for prenatal testing are similarly unexplained. Moms-to-be desperately want a resource that empowers them to make their own right choices. When award-winning economist Emily Oster was a mom-to-be herself, she evaluated the data behind the accepted rules of pregnancy, and discovered that most are often misguided and some are just flat-out wrong. Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, *Expecting Better* is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional glass of wine.

*Choosing You* is the deeply honest memoir of one woman's decision to brave pregnancy and motherhood alone. All her adult life, Alexandra Soiseth has wanted a husband, children, dogs and cats--a busy, loving, home. But at thirty-nine, with no husband on the horizon, she decides to take matters into her own hands. She googles for sperm. *Choosing You* is Alexandra's memoir. With humor and heart, she shares the often gut-wrenching reality she faces in having a baby on her own: a mother and father who disapprove, friends who think she's crazy, a society that thinks she's selfish. But it is her struggle with weight and self image, possible infertility, and the terror of bringing a child into this world without a father that almost stops her from getting what she wants most--a family. Alexandra's story shows us all that with a little guts, a lot of love, and the internet, almost anything is possible.

What to expect. . . the first step. Answers to all your baby-making questions. Are there ways to improve our chances of having a girl (or boy)? Does stress affect

fertility? Should we be having sex every day? Every other day? Three times a day? I'm 37. Does that mean I'll have a harder time getting pregnant? How long should we keep trying to conceive before we get some help? What fertility treatments are available—and how will we be able to pay for them? Expecting to expect? Plan ahead. Here's everything you need to know to help prepare for the healthiest possible pregnancy and the healthiest possible baby. Filled with practical tips, empathetic advice, and savvy strategies, all designed to help you get that baby of your dreams on board faster. How to get your body into the best baby-making shape. Which foods feed fertility. Which lifestyle habits to quit and which to cultivate. All about baby-making sex, from timing to positions to logistics—and how to keep it sexy. Figuring out your fertility (and his). When to seek fertility help, and the latest on tests, treatments, and reproductive technology. Expecting to become a dad? This book has you covered, too. Plus, all about the family-building options for single women and same-sex couples.

"About the book" Family Happiness...we're having a Baby: All about pregnancy, birth, breastfeeding, hospital bag, baby equipment and baby sleep! # The course of pregnancy at a glance: Every 40 weeks until birth 1st to 8th week of pregnancy: Body and soul in other (life) circumstances 9th to 16th week of pregnancy: The female body has now adapted to the pregnancy. 17th to 24th week of pregnancy: The baby's stomach can no longer be overlooked for family, friends & colleagues 25th to 32nd week of pregnancy: Decelerated and relaxed pace of life for the mother-to-be 33rd to 40th week of pregnancy: Before birth - the date of birth is getting closer and closer When will the baby finally be born? When the unborn baby just has to wait for himself # Checklist hospital bag: I'm packing my clinic bag and all this has to be taken with me 1.Checklist: Important documents 2.Checklist: For your stay in the hospital 3.Checklist: For the new terrestrial citizen on his way home # Checklist baby initial equipment: All important things the newborn baby needs in the first months of life 1.Checklist: All about baby outfits 2.Checklist: All about the baby bed 3.Checklist: Everything about winding 4.Checklist: All about baby care 5.Checklist: Everything about baby nutrition 6.Checklist: All about breastfeeding 7.Checklist: All about mobility with baby 8.Checklist: All about baby safety 9.Checklist: Other # Balanced nutrition and healthy lifestyle during pregnancy Living healthily in pregnancy - Baby belly time is not a disease Balanced, vitamin-rich and varied diet during pregnancy Nutritional risks during pregnancy - Caution with certain foods Regular breaks are the best way to prenatal care Obtaining knowledge of deceleration during pregnancy Sport and regular exercise also during pregnancy There is no need to do without sauna, steam bath, full bath and sunbathing during pregnancy Protecting and cooling: Many pregnant women have to do with circulatory problems in the sun and heat. Hair dyeing during pregnancy...Yes or no? # Healthy and fit with baby belly through the four seasons Healthy and fit with baby belly in spring...in summer...in autumn...in winter # Soft baby sleep is not child's play: Tips for falling asleep and sleeping through in the 1st year of life The way to

a firm sleep rhythm Good basis for soft and healthy baby sleep The appropriate sleeping environment is important for a soft baby sleep If the baby doesn't calm down and sleep causes problems

America's favorite doctors Michael Roizen and Mehmet Oz cover pregnancy from conception to birth. Few life experiences feature emotional swings as extreme as those of pregnancy—it's a monumental mix of both intense excitement and skip-a-beat anxiety. How do you respond to such a situation? If you're like most, you scour websites, read books, browse blogs, and pick the brains of every friend, family member, and store clerk who's ever had a baby. You talk about the ups and downs, the cravings and the nausea, the maternity clothes and the stretch marks. During this 280-day journey, this sometimes scattered mind-set is perfectly natural—and healthy. But often you need help cutting through the clutter. In *YOU: Having a Baby*, Dr. Mehmet Oz and Dr. Michael Roizen, America's Doctors, will help ease your tension by teaching you not only about what you can do but also why you should do it. They'll explore the biology of your body with amazing insights about a cutting-edge new field called epigenetics, which gives you the power to change the genetic destiny of your child. And they'll give you all the ins and outs of nutrition, exercise, hormones, fetal development, and many more pregnancy-related issues. Using their signature wit and wisdom, they'll test your knowledge, bust many myths, and reassure you that your maternal instincts are usually pretty darn good. After all, the doctors want the exact same thing as you do during this journey—a healthy baby (and a healthy mom). Be assured that *YOU: Having a Baby* will be one of your favorite passengers on this wonderful ride.

If you are completely happy and carefree about being pregnant, you probably won't be holding this book but will be off painting the nursery and choosing a pram. If you are still reading this, then like many prospective parents there will be questions that you want answers to. Sometimes you will feel that these questions are too silly to bother the doctor or midwife. This book has been built around exactly those questions, asked by friends at parties or parents at the school gates who did not want to bother their doctor or midwife. The book is written with your child at the centre. So, if you do have any questions, what you want to know is 'how will this affect my baby?' and not just now, but also in the long term. The book covers normal and abnormal pregnancies, antenatal testing, delivery, what to expect from newborn babies, prematurity, neonatal care and other issues such as sleep, immunisations and the crying baby. If you do read this book, the hope is that it will answer your questions clearly, and help to ease any anxiety so that you can enjoy your pregnancy and feel more confident as a new parent. You should get only joy and pleasure from your children.

Bringing a baby into the world is one of the most beautiful, natural parts of life, but that certainly doesn't mean it's easy! Dr. Heather L. Johnson has been a practicing OB-GYN (obstetrician gynecologist) for 40 years, helping expectant mothers through the pregnancy process and delivering their babies. In "What

They Don't Tell You About Having a Baby: An Obstetrician's Unofficial Guide to Preconception, Pregnancy, and Postpartum Life," she shares what she has learned throughout her career to assist parents and parents-to-be of all ages. This guide covers everything from tips and tricks for a smooth conception, how much caffeine is really okay during pregnancy, how to survive those first several confusing postpartum weeks and everything in between. Dr. Johnson shares the lessons she's learned from years of experience and includes conversations she's had with her own patients along with her "Dr. J's pearls" in an effort to help others. Babies don't come with an owner's manual, but "What They Don't Tell You About Having a Baby" is a great start.

We Are Having a Baby is the captivating adventure of a couple's journey through pregnancy to parenthood. The story encompasses their hopes, fears, joys and funny moments - from soon after conception to the moment of birth. As the layers of this couple's love for each other unfold, you will witness the growth of another bond of love. Whether you have a baby, are pregnant, or are excited at the prospect of pregnancy - you will connect with this couple. Enjoy their 9-month trip, and share in the excitement of their final destination - the delivery room. Remarkably, the entire story is written in Haiku poetry, creating a beautiful flow and continuity, using the rhythm of the words. The use of Haiku to create one lengthy story is truly unique. This is not Haiku in the old style, but the modern American style. However, the author has strictly adhered to the traditional format of three lines with 5, 7 and 5 syllables. A Journey to Parenthood is your own special story. Simply use the questions and suggestions, in the second part of the book, as inspiration to help fill the pages that have been provided. With just a little effort, you will be amazed to see the personal story of your own exciting journey unfold. The journaling is easy and fun, and this book will become one of your favorite keepsakes, to someday share with your child. This is a wonderful way to save precious memories, and it is the perfect gift for a baby shower, friend, family member, or for yourself and your baby.

Growing Up Just Got Easier... With the help of Angus, the lovable Answer Dog, best-selling author Heidi Murkoff extends a hand to children and parents as they tackle life's first experiences together. Congratulations -- you're having another baby! You're excited and a little nervous, but most of all you're wondering how you're going to explain this miraculous, but complex, process to your older, but still very young, child. We're here to help you answer your child's questions about how a baby is created, how it grows, and how it comes out to join the family. Have fun!

A hilariously candid account of one woman's quest to bring her post-baby marriage back from the brink, with life-changing, real-world advice. "Get this for your pregnant friends, or yourself." --People Recommended by Nicole Cliffe in Slate Featured in People Picks A Red Tricycle Best Baby and Toddler Parenting Book of the year One of Mother magazine's favorite parenting books of the year How Not To Hate Your Husband After Kids tackles the last taboo subject of



parenthood: the startling, white-hot fury that new (and not-so-new) mothers often have for their mates. After Jancee Dunn had her baby, she found that she was doing virtually all the household chores, even though she and her husband worked equal hours. She asked herself: How did I become the 'expert' at changing a diaper? Many expectant parents spend weeks researching the best crib or safest car seat, but spend little if any time thinking about the titanic impact the baby will have on their marriage - and the way their marriage will affect their child. Enter Dunn, her well-meaning but blithely unhelpful husband, their daughter, and her boisterous extended family, who show us the ways in which outmoded family patterns and traditions thwart the overworked, overloaded parents of today. On the brink of marital Armageddon, Dunn plunges into the latest relationship research, solicits the counsel of the country's most renowned couples' and sex therapists, canvasses fellow parents, and even consults an FBI hostage negotiator on how to effectively contain an "explosive situation." Instead of having the same fights over and over, Dunn and her husband must figure out a way to resolve their larger issues and fix their family while there is still time. As they discover, adding a demanding new person to your relationship means you have to reevaluate--and rebuild--your marriage. In an exhilarating twist, they work together to save the day, happily returning to the kind of peaceful life they previously thought was the sole province of couples without children. Part memoir, part self-help book with actionable and achievable advice, *How Not To Hate Your Husband After Kids* is an eye-opening look at how the man who got you into this position in this first place is the ally you didn't know you had.

"Funny, tender, and so good." —Mindy Kaling, #1 New York Times bestselling author of *Why Not Me?* Remember when we hit it off so well that we decided *We're Going to Need More Wine*? Well, this time you and I are going to turn to our friend the bartender and ask, *You Got Anything Stronger?* I promise to continue to make you laugh, but with this round, the stakes get higher as the conversation goes deeper. So. Where were we? Right, you and I left off in October 2017, when my first book came out. The weeks before were filled with dreams of loss. Pets dying. My husband leaving me. Babies not being born. My therapist told me it was my soul preparing for my true self to emerge after letting go of my grief. I had finally spoken openly about my fertility journey. I was having second thoughts—in fact, so many thoughts they were organizing to go on strike. But I knew I had to be honest because I didn't want other women going through IVF to feel as alone as I did. I had suffered in isolation, having so many miscarriages that I could not give an exact number. Strangers shared their own journeys and heartbreak with me. I had led with the truth, and it opened the door to compassion. When I released *We're Going to Need More Wine*, the response was so great people asked when I would do a sequel. The New York Times even ran a headline reading "*We're Going to Need More Gabrielle Union.*" Frankly, after being so open and honest in my writing, I wasn't sure there was more of me I was ready to share. But life happens with all its plot twists. And new stories demand to be told. This time, I need to be more vulnerable—not so much for me, but anyone who feels alone in what they're going through. A lot has changed in four years—I became a mom and I'm raising two amazing

girls. My husband retired. My career has expanded so that I have the opportunity to lift up other voices that need to be heard. But the world has also shown us that we have a lot we still have to fight for—as women, as black women, as mothers, as aging women, as human beings, as friends. In *You Got Anything Stronger?*, I show you how this ever-changing life presents challenges, even as it gives me moments of pure joy. I take you on a girl's night at Chateau Marmont, and I also talk to Isis, my character from *Bring It On*. For the first time, I truly open up about my surrogacy journey and the birth of Kaavia James Union Wade. And I take on racist institutions and practices in the entertainment industry, asking for equality and real accountability. *You Got Anything Stronger?* is me at my most vulnerable. I have recently found true strength in that vulnerability, and I want to share that power with you here, through this book. Drawing on the latest research, an updated guide discusses the ethics of gender selection, explains how conception takes place, and tells how to use effective techniques to increase the chances of having a girl or a boy. Original. 12,500 first printing.

"Mama Natural's Week to Week Guide to Pregnancy is the modern (and yet ancient) approach to pregnancy and childbirth. "Natural" recognizes that pregnancy and birth are normal, and that having a baby is a wondrous biological process and rite of passage--not a medical condition. This book draws upon the latest research showing how beneficial and life-changing natural birth is for both babies and moms. Full of weekly advice and tips for a healthy pregnancy, Grace details vital nutrition to take, natural remedies for common and troublesome symptoms, as well as the appropriate (and inappropriate) use of interventions. Pregnancy, childbirth, health, health and wellness, parenting, family"--

A humorous, realistic, and supportive guide to the first 52 weeks with a baby, *The Sh!t No One Tells You* is the first book in Dawn Dais's popular parenting series, followed by *The Sh!t No One Tells You About Toddlers* and *The Sh!t No One Tells You About Baby #2*. There comes a time in every new mother's life when she finds herself staring at her screaming, smelly "bundle of joy" and wishing someone had told her that her house would reek of vomit, or that she shouldn't buy the cute onesies with a thousand impossible buttons, or that she might cry more than the baby. Best-selling author Dawn Dais, mother of two tiny terrors, is convinced that there is a reason for this lack of preparedness. She believes that a vast conspiracy exists to hide the horrific truth about parenting from doe-eyed expectant mothers who might otherwise abandon their babies in hospitals and run for it. Eschewing the adorableness that oozes out of other parenting books, Dais offers real advice from real moms—along with hilarious anecdotes, clever tips, and the genuine encouragement every mom needs in order to survive the first year of parenthood. *The Sh!t No One Tells You* is a must-have companion for every new mother's sleepless nights and poop-filled days.

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