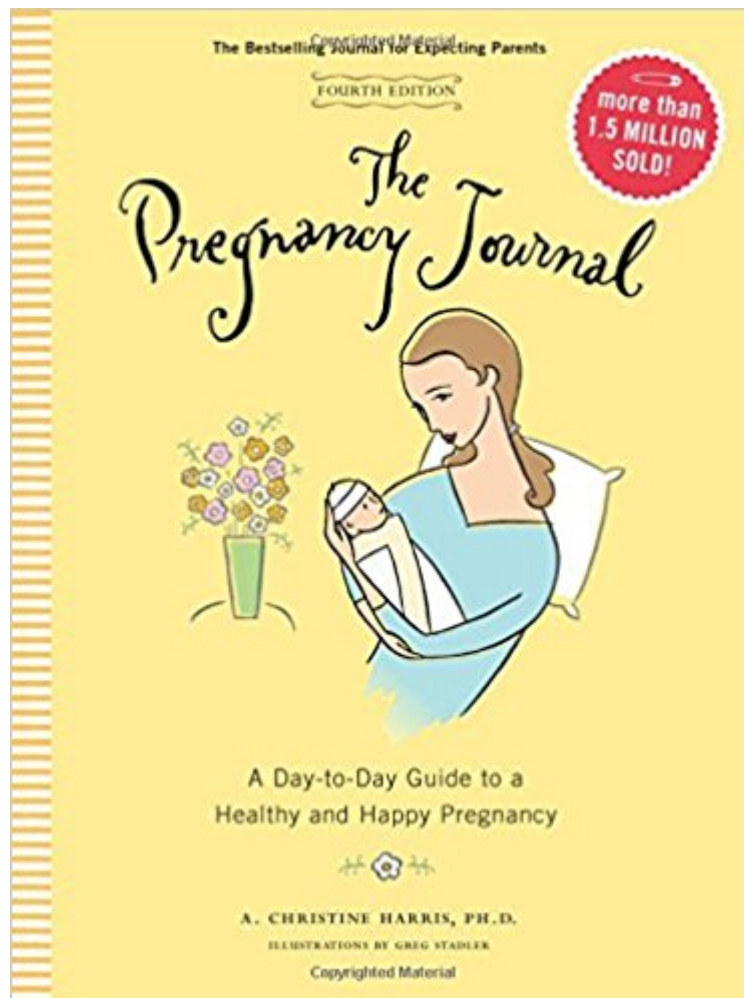




The book was found

The Pregnancy Journal, 4th Edition: A Day-to-Day Guide To A Healthy And Happy Pregnancy



Synopsis

A new and updated edition of the bestselling pregnancy journal of all time – and #1 girlfriend recommendation – is packed with daily entries on baby's development and the most up-to-date health and nutrition advice for both mom and baby. With a slightly refreshed cover, a new sleek concealed spine, and additional space for personal reflection, this one-of-a-kind journal is the ultimate resource for today's expecting mother.

Book Information

Diary: 206 pages

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Average Customer Review: 4.6 out of 5 stars 15 customer reviews

Best Sellers Rank: #22,200 in Books (See Top 100 in Books) #60 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #65 in Books > Parenting & Relationships > Family Relationships > Motherhood #211 in Books > Politics & Social Sciences > Women's Studies

Customer Reviews

Dr. A. Christine Harris is an emeritus professor of psychology at Cosumnes River College in Sacramento, California, where she taught for more than thirty years. She lives in Sacramento.

I bought this journal 7 years ago when I was pregnant with my daughter (an older version of course) and have enjoyed reliving my entries years later. I am now expecting my 2nd child and decided to purchase this book again. I plan on giving each personalized journal to my children when they are older. It has been helpful in reminding me about my pregnancy symptoms as I kept track of each. I love that this journal has improved over the years, giving a few extra blank pages in each trimester for more writing as well as some having short, fun questions to answer. I also noticed it has been updated with the times we live in, for example the use of vaping, lol, and how it is not recommended just like smoking. (I don't smoke or vape, but was amused seeing it mentioned.) Great journal. I highly recommend!

I don't feel like this journal gives me any more information than an app. does. I would have saved my \$ and got a journal like I had with my first pregnancy. One I could write in with prompts with pockets to add photos in. I love it. This one was a bit disappointing. Not to mention it has what day your on and what to expect...well the day goes off of your ovulation day not how many days pregnant you are (it's usually from the first day of your last period) if your not paying attention it will throw you off. If you would rather have a copy to read instead of reading it from an app. then this is for you. Other wise save your money.

100 stars I recommend this book one million times I loveeeee this book so much it is so entertaining and practical this is a worthwhile purchase ãfÂ ã Å,Ã â ^Ã Â•ÃfÂ ã Å,Ã Â•Ã Â Well done on the book

My friend has gotten one for each of her pregnancies so happy i could find it on here for her. Great gift when you first find out!!

I used this book during 2004/5 with my second child. I just bought it for my younger sister who is going to have her first child. She uses it every day and loves it too. I will recommend this book/journal to every pregnant woman I find.

Has lots of info, and plenty of space to write

I loved this book when I was pregnant so I get one for all my friends too!!

I purchased this as a gift for my niece. I had this journal for my first pregnancy and I absolutely adored it! I highly recommend this book!This book is full of interesting information and fun little facts. Not much space for journaling, but you can certainly add little bits of your own info in.

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/ diary to help you hold onto memories of the growing bump, the birth ... first year with your baby
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