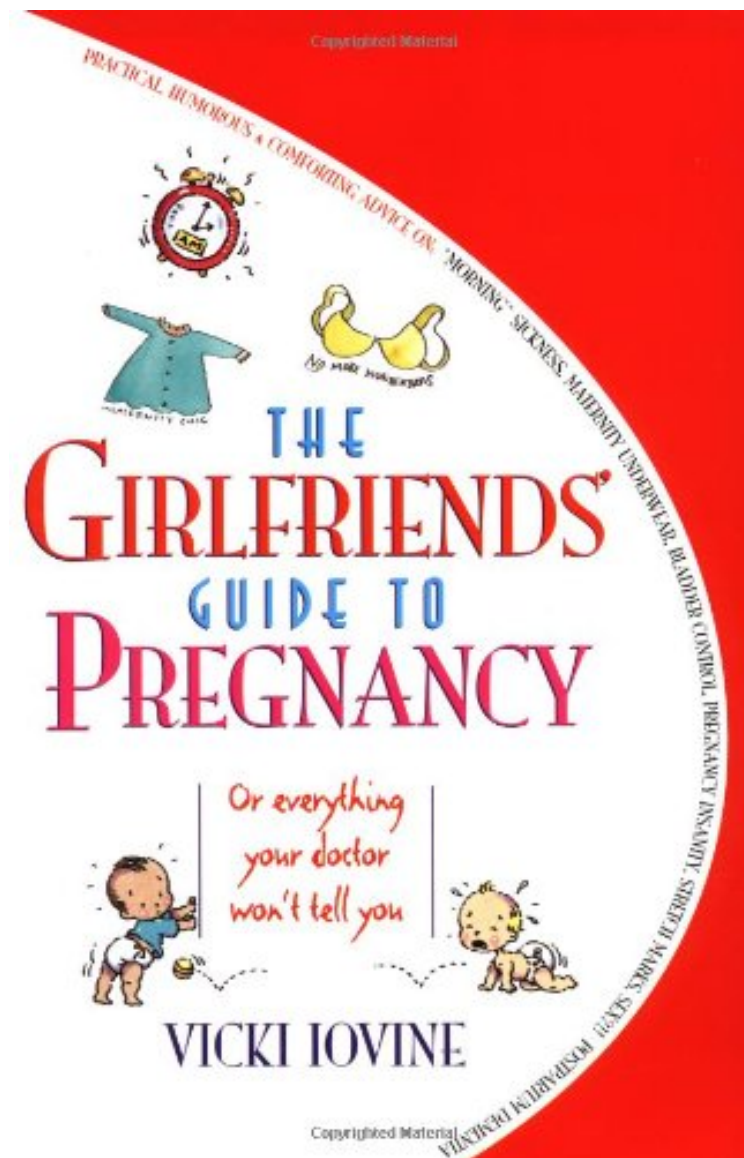


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The Girlfriends' Guide to Pregnancy: Or everything your doctor won't tell you

Vicki Iovine

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Vicki Iovine : The Girlfriends' Guide to Pregnancy: Or everything your doctor won't tell you before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Girlfriends' Guide to Pregnancy: Or everything your doctor won't tell you:

1 of 1 people found the following review helpful. Worth it! By Elizabeth Higgins Despite some negative reviews, I

ordered this book anyway since I had skipped ahead and already read "The Girlfriend's Guide to the First Year" and I enjoyed that one. It seems like those reviews are pretty nit-picky, or else I'm just easy to please. I enjoyed the writing style of this book and it not being stuffy and clinical like all the others I've read about pregnancy. Aside from only a few more gory details I learned from my actual friends, I definitely learned a lot from this book and I'm glad I have it. Some of the info is dated since it is a fairly old book, but not a big deal. If you don't agree with some of the things she advocates, just do what your instincts tell you.

0 of 0 people found the following review helpful. BEST book for 1st time mothers
By C. Barber
Such a refreshing book. I bought this back in 2003 when I was pregnant at 19 back when the internet couldn't provide all the answers it can now. Let me just tell you, this book was a lifesaver. I had no idea what to expect and this book talked about all of the taboo subjects that women just don't share with each other. I would have been lost without this!

11 of 1 people found the following review helpful. Seriously interesting and seriously funny.
By monkeyface
The most direct guide to pregnancy you will find, which doesn't beat around the bush and calls a spade a spade. Vicky and the girlfriends guide you through the most unexpected bodily changes, address the most common insecurities surrounding parenting and advise you on how to deal with your wardrobe!

Do yourself a favour and buy this book, even if you're not having your first child. It will feel like a warm hug from your BFF. I also recommend the Girlfriends' Guide to Toddlers by the same author.

A delivery room veteran gives you the low-down as only the best friend can. From the top ten lies ("Maternity clothes are so much cuter now"), to the long-awaited birth, here are practical tips and hilarious takes on everything pregnant.

.com Beginning with the "10 Greatest Lies About Pregnancy" (number 10: Lamaze works), and ending with postpartum dementia, Vicki Iovine's Girlfriends' Guide to Pregnancy has fast become the laywoman's mouthpiece for the American pregnancy experience. Iovine is irreverent, sassy, and incredibly reassuring as she exposes the "truths" of pregnancy and childbirth, from sex to cellulite to cesareans. Iovine birthed four kids in six years, none of them twins, which certainly qualifies her as an expert. The Girlfriends' Guide to Pregnancy does reveal Iovine's particular cultural biases (pregnant or not, most of us don't have record-producer husbands, hang out with supermodels, or wear size-four pants) and philosophical beliefs (she's not a particularly strong proponent of natural childbirth or nursing), but, taken with a grain or two of salt, she provides many hilarious moments, acres of advice, and honest reassurance readers will find nowhere else.

--Ericka Lutz
From Publishers Weekly
For first-time mothers-to-be, this candid, funny and very reassuring guide to pregnancy is just what the doctor ordered?or would if he/she knew about it. Iovine, who has had four babies and who seemingly has girlfriends with many more, believes that women learn the really valuable things about pregnancy from other women. Since too few women in today's mobile society have a close circle of experienced female friends to turn to, Iovine's sharing of her own and her friends' experiences and knowledge fills a genuine need for comforting, straightforward, non-euphemistic woman-talk. Without stepping on any medical toes, and in language that is neither technical nor cutesy, she tackles morning sickness, swollen breasts, exercises, stretch marks, sex during and after pregnancy, delivery and just about everything else, from maternity clothing to bladder behavior. Iovine anticipates every conceivable question, and her responses are warm, wise and witty. Copyright 1995 Reed Business Information, Inc. Newsweek Leaving the medical domain to the medical professionals, Iovine focuses on the practical, social, emotional, and physiological aspects of pregnancy....Iovine and her gaggle of Girlfriends are ready with reassuring and frequently irreverent advice.

USA Today With great humor and frankness, Iovine addresses the topics most women talk about only with their best friends.
American Baby A lighthearted, helpful, and brutally honest book from someone who understands. You'll laugh and learn about what to avoid (perms, maternity clothing stores), what generally can't be avoided (hemorrhoids, a tendency to worry about everything), and what not to be afraid of (if you're having amniocentesis, that big needle; turning into your mother). And if you feel as though you've embarked on a nine-month-long ride on a roller coaster, the chapter called "Pregnancy Insanity" will reassure you that you're normal.

People A laugh-out-loud primer for unseasoned moms-to-be.