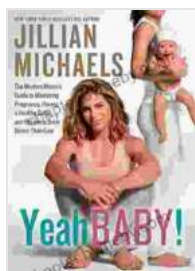


The Modern Mama Guide: Master Pregnancy, Have a Healthy Baby, and Bounce Back

Pregnancy is an amazing journey, but it can also be a time of uncertainty and anxiety. The Modern Mama Guide is here to help you navigate every step of the way, from conception to postpartum recovery.

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Yeah Baby!: The Modern Mama's Guide to Mastering Pregnancy, Having a Healthy Baby, and Bouncing Back

Better Than Ever by Meghan Leahy

★★★★☆ 4.3 out of 5

Language	: English
File size	: 6276 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 490 pages



- Getting pregnant and having a healthy pregnancy
- Giving birth to a healthy baby
- Recovering from childbirth and bonding with your baby
- Getting your body and life back on track after baby

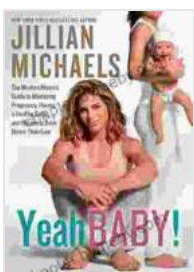
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Here's what you'll find inside The Modern Mama Guide:

- Expert advice from OB-GYNs, midwives, and other healthcare professionals
- Real-world stories from other mamas who have been through it all
- Practical tips and advice for every stage of pregnancy and postpartum recovery
- Beautiful photography and illustrations
- A comprehensive index to help you find the information you need quickly and easily

The Modern Mama Guide is the ultimate resource for modern mamas. It's the book you'll reach for again and again, whether you're a first-time mama or a seasoned pro.

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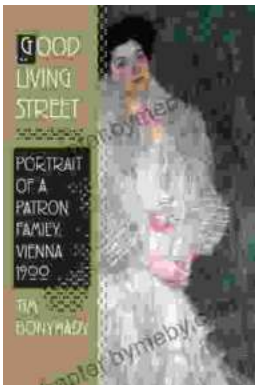
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