

[PDF] From The Hips: A Comprehensive, Open-Minded, Uncensored, Totally Honest Guide To Pregnancy, Birth, And Becoming A Parent

Rebecca Odes, Ceridwen Morris - pdf download free book



Books Details:

Title: From the Hips: A Comprehensive

Author: Rebecca Odes, Ceridwen Morris

Released: 2007-05-22

Language:

Pages: 400

ISBN: 0307237087

ISBN13: 978-0307237088

ASIN: 0307237087

[**CLICK HERE FOR DOWNLOAD**](#)

pdf, mobi, epub, azw, kindle

Description:

From Publishers Weekly Neither Odes nor Morris is a doctor, but as eager authors and recent mothers themselves, they aim, in this chick-friendly guide, to dish out Internet-accessible information and you-go-girl supportive advice. Their approach is to consider the authorities with a mere grain of salt, while seeking a supportive environment in which to nurture one's pregnancy and child-rearing. And while sorting through the opinions along the way, from choosing a health-care provider, coping with loss, birthing strategies, breastfeeding and sex, and baby-care basics, among other topics, the authors provide on most pages plentiful belly-shaped bubbles containing lively quotes from "anonymoms." Hear the mothers from the trenches express what they really feel, from one mom who enthuses, "The belly—I loved everything about it, and it makes people—strangers, even—feel enthralled with you") to the sadly modern refrain of another, "Sometimes I bury myself in work so I don't feel the sadness, fatigue and stress of having the baby waiting for me at home." The authors' are upbeat and well informed, and their useful back-of-the-book references address sensitive specific needs such as adoption and surrogacy, teen and older parents, and breastfeeding controversies. (May)

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

Review "Incredibly important reading for anyone about to have a baby...*From the Hips* gives you what you need to make informed decisions, shares experiences from other parents that will make you laugh, and reveals many of the secrets our mothers didn't tell us."

-Rosalind Wiseman, author of *Queen Bee Moms and Wannabe Dads*

"What every new parent needs—a ton of expert advice, presented with humor and zero negativity, from two moms who instantly feel like your best friends. This is the one pregnancy guide that new parents will actually *want* to read."

-Leslie Morgan Steiner, editor of *Mommy Wars* and *The Washington Post's* online work/family column, "On Balance"

"*From The Hips* is a deeply refreshing, honest look at the profound changes we undergo during pregnancy and beyond. Ceridwen and Rebecca unabashedly go into areas that other guides shy away from, offering support to every kind of prospective mother. Being pregnant and having a child is alternately the most beautiful, complex, difficult, rewarding experience a woman can imagine. This book gives it straight and from all sides, without judgment, and with irreverent humor and candor from its authors."

-Gwyneth Paltrow

"Supportive, positive, real, and rarely preachy...Finally a reference guide for parents that treats us like we have brains."

- *Bust Magazine*

The honest talk about epidurals and C-sections, including anonymous quotes from moms, is must-read info for anyone planning a hospital birth. In fact, the book is full of frank advice about most of today's biggest hurdles for pregnant women, from going back to work to breastfeeding in public... At every step, it addresses not just what you'll be going through physically, but what you and your partner might be addressing emotionally, too. Cheers to this realistic take on the lifestyle change that is pregnancy and parenthood.

- *Pregnancy Magazine*

-
- Title: From the Hips: A Comprehensive, Open-Minded, Uncensored, Totally Honest Guide to Pregnancy, Birth, and Becoming a Parent
 - Author: Rebecca Odes, Ceridwen Morris
 - Released: 2007-05-22
 - Language:
 - Pages: 400
 - ISBN: 0307237087
 - ISBN13: 978-0307237088
 - ASIN: 0307237087
-