



# Common Sense Pregnancy: Navigating a Healthy Pregnancy and Birth for Mother and Baby

*Jeanne Faulkner*

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***Become a mama without the drama***

When you're pregnant, your friends, the Internet, and even your doctor often give advice that leaves you anxious and overwhelmed. You deserve a calm, straightforward, no-nonsense pregnancy. It's time to dial down the stress and dial up the common sense. *Common Sense Pregnancy* is a breath of fresh air: accessible, authoritative, funny, reassuring, and personable, while still chock-full of comprehensive, medically-sound advice. Women's health expert, labor nurse, mother of four, and *Fit Pregnancy.com* columnist Jeanne Faulkner has been at the bedside for thousands of deliveries and provides the honest insider advice you need during pregnancy, labor, birth, and beyond, including straight talk on:

- Which prenatal tests you *actually* need, and which you don't.
- Who's on your labor team—and how to keep your labor room drama free.
- What about sex?
- How to deal with feeling lousy.
- What works and what doesn't for starting labor naturally.
- How to avoid unnecessary and risky medical interventions.

Whether you want your pregnancy and birth to be all natural, all medical, or something in between, *Common Sense Pregnancy* eliminates the fear and puts you in charge of your body and prenatal experience, and helps you make the right choices for you and your baby.

*From the Trade Paperback edition.*



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