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# What to Expect When You're Expecting

By Heidi Murkoff, Sharon Mazel



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## What to Expect When You're Expecting By Heidi Murkoff, Sharon Mazel

Announcing a brand new, cover-to-cover revision of America's pregnancy bible. *What to Expect When You're Expecting* is a perennial *New York Times* bestseller and one of *USA Today's* 25 most influential books of the past 25 years. It's read by more than 90% of pregnant women who read a pregnancy book--the most iconic, must-have book for parents-to-be, with over 14.5 million copies in print.

Now comes the Fourth Edition, a new book for a new generation of expectant moms--featuring a new look, a fresh perspective, and a friendlier-than-ever voice. It's filled with the most up-to-date information reflecting not only what's new in pregnancy, but what's relevant to pregnant women. Heidi Murkoff has rewritten every section of the book, answering dozens of new questions and including loads of new asked-for material, such as a detailed week-by-week fetal development section in each of the monthly chapters, an expanded chapter on pre-conception, and a brand new one on carrying multiples. More comprehensive, reassuring, and empathetic than ever, the Fourth Edition incorporates the most recent developments in obstetrics and addresses the most current lifestyle trends (from tattooing and belly piercing to Botox and aromatherapy). There's more than ever on pregnancy matters practical (including an expanded section on workplace concerns), physical (with more symptoms, more solutions), emotional (more advice on riding the mood roller coaster), nutritional (from low-carb to vegan, from junk food-dependent to caffeine-addicted), and sexual (what's hot and what's not in pregnant lovemaking), as well as much more support for that very important partner in parenting, the dad-to-be.

Overflowing with tips, helpful hints, and humor (a pregnant woman's best friend), this new edition is more accessible and easier to use than ever before. It's everything parents-to-be have come to expect from *What to Expect...* only better.



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## **What to Expect When You're Expecting** By Heidi Murkoff, Sharon Mazel Bibliography

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## **Editorial Review**

### **Amazon.com Review**

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### **Amazon.com Exclusive**

#### **An Essay from Heidi Murkoff**



*What to Expect* started with information--or, actually, lack of information. In fact, when I found out I was expecting for the first time--I didn't have the slightest idea of what to expect. And back then, it wasn't as easy to find out what to expect as you'd think. I created *What to Expect When You're Expecting* because I couldn't find the answers to my questions or the reassurance for my worries that I was searching for in the pregnancy books I read (and believe me, I read plenty). I was a mom on a mission--a mission to help other moms and dads worry less and enjoy their pregnancies (and their babies, and their toddlers) more. And I've been on that mission ever since.

So what sent me back to recreate *What to Expect*--for a fourth time? Today, there's definitely no lack of information on pregnancy. In fact there's more information than ever before (a quick online search of pregnancy or a glance at pages and pages of pregnancy and parenting options right here on Amazon will clue you in on that). But often what's still hard to find is the right kind of information. Information that's accurate yet empathetic, reassuring yet realistic--that empowers you, but doesn't overwhelm or confuse you, that guides you but doesn't dictate to you. And it's not just about the right information, it's about information that's presented in the way that's most helpful--easy to access, easy to

digest, easy to use. It's about information that makes your pregnant life less stressful--more enjoyable, and, well, easier.

The fourth edition is a new *What To Expect* for a new generation of readers--you!--and I'm excited to say it's the best *What To Expect* yet. It's packed with all new information, of course (since things tend to change quickly in the baby-making and baby-delivering business--something you're probably all too aware of already if you've made more than one trip to the birthing room). But it doesn't only take into account what's new in obstetrics and what's new in pregnancy; it takes into account what's relevant to pregnant women now. Lifestyle. Working. Eating on the run. Juggling the pregnant life with real life. Keeping up with relationships. Birthing options that are family friendly and pregnancy care that incorporates the best that complimentary and alternative medicine has to offer. Managing multiples (which more and more moms are carrying). Sorting out the information from the misinformation--the reality from the hype, fact from Internet legend.

The fourth edition also takes into account how you likely use books these days, so the format is even more accessible than ever. More geared to in-the-moment, find-it-in-a-flash reading.

Most important of all, the fourth edition celebrates pregnancy. I have a passion for pregnancy, and always have. I love moms, I love dads, and I love babies. But everything about this fourth edition from the happy, excited mom-to-be on the cover, proudly caressing her beautiful belly and its even more beautiful contents, to the adorable week-by-week description of the making of your baby, to the positive (yet realistic), mom-to-mom tone throughout--this fourth edition is not just an explanation of those 9 amazing (though often bewildering) months you have ahead of you. It's a celebration of them.

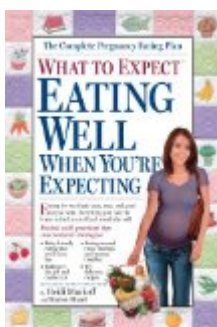
*What to Expect When You're Expecting* fourth edition is everything moms and dads have come to expect from *What to Expect*... only better. And I can't wait to start sharing it with you.

I guess you can say--I'm a proud mama all over again.

--Heidi Murkoff

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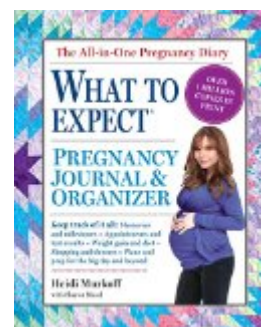
## More to Explore



*What to Expect: Eating Well When You're Expecting*



*What to Expect the First Year*



*The What to Expect Pregnancy Journal & Organizer*

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From Publishers Weekly

Murkoff is back with yet another edition of the indispensable *What to Expect When You're Expecting*—this time with a largely rewritten and revised edition of the comprehensive guide she introduced 24 years ago. The book has undergone an extensive overhaul, beginning with the cover, which depicts a stylish expectant

mom dressed in jeans and a form-fitting shirt—a far cry from the original text's comfy, frumpy mom seated in a rocking chair. Inside, the author has added a number of new features, including a chapter that draws upon current research to steer parents-to-be to a healthier lifestyle even before conception begins, chapters on healthy eating and giving birth to multiples (a growing trend) and expanded sections on working during pregnancy. While the general layout and appearance of the book will be familiar to readers, Murkoff has successfully broadened and sharpened the material while keeping the overall style and presentation intact. (*Apr.*)

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#### From the Back Cover

The best just got better.

Expect the best! A brand-new fourth edition—filled with the most up-to-date, accurate, and relevant information on all things pregnancy. Realistic, supportive, easy to access, and overflowing with practical tips, covering everything you'll need—and want—to know about life's most amazing journey, from preconception planning to birth to those first miraculous weeks with a new baby. It's all here: the lowdown on lifestyle trends and life in the workplace; the latest in prenatal testing and alternative therapies; the best in birthing options.

Comforting answers to hundreds of questions:

- I'm so queasy I can't even eat for one. How can I eat for two?
- Can I get highlights in my hair? How about my monthly wax?
- I'm only in my second month—why am I showing already?
- Can I stick to my normal workout routine while I'm expecting?
- Why is my skin broken out and blotchy? And how can I cover it?
- What's safe when it comes to sex?
- I think I felt the baby kicking—but I'm not sure. How do I tell?
- Will my body ever be the same after I deliver?

## Users Review

#### From reader reviews:

##### Betty Lavery:

Playing with family inside a park, coming to see the marine world or hanging out with pals is thing that usually you have done when you have spare time, subsequently why you don't try factor that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love What to Expect When You're Expecting, you are able to enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh come on its mind hangout guys. What? Still don't buy it, oh come on its known as reading friends.

##### Elmira McGraw:

Do you have something that that suits you such as book? The book lovers usually prefer to choose book like comic, limited story and the biggest an example may be novel. Now, why not seeking What to Expect When You're Expecting that give your fun preference will be satisfied simply by reading this book. Reading habit

all over the world can be said as the opportunity for people to know world considerably better then how they react to the world. It can't be said constantly that reading addiction only for the geeky particular person but for all of you who wants to become success person. So , for every you who want to start reading as your good habit, you may pick What to Expect When You're Expecting become your own starter.

#### **Lyle Morales:**

You can obtain this What to Expect When You're Expecting by look at the bookstore or Mall. Merely viewing or reviewing it might to be your solve difficulty if you get difficulties for ones knowledge. Kinds of this book are various. Not only simply by written or printed and also can you enjoy this book by means of e-book. In the modern era just like now, you just looking of your mobile phone and searching what their problem. Right now, choose your current ways to get more information about your guide. It is most important to arrange you to ultimately make your knowledge are still up-date. Let's try to choose suitable ways for you.

#### **Brooks Davis:**

Many people said that they feel fed up when they reading a book. They are directly felt that when they get a half regions of the book. You can choose typically the book What to Expect When You're Expecting to make your own personal reading is interesting. Your personal skill of reading skill is developing when you such as reading. Try to choose very simple book to make you enjoy to see it and mingle the impression about book and studying especially. It is to be 1st opinion for you to like to open a book and learn it. Beside that the book What to Expect When You're Expecting can to be your brand new friend when you're experience alone and confuse with the information must you're doing of the time.

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