



The Healthy Pregnancy Book: Month by Month, Everything You Need to Know from America's Baby Experts

William Sears , Martha Sears , Linda Hughey Holt (With) , B.J. Snell (With)

[Download now](#)

[Read Online](#) ➔

The Healthy Pregnancy Book: Month by Month, Everything You Need to Know from America's Baby Experts

William Sears , Martha Sears , Linda Hughey Holt (With) , B.J. Snell (With)

The Healthy Pregnancy Book: Month by Month, Everything You Need to Know from America's Baby Experts William Sears , Martha Sears , Linda Hughey Holt (With) , B.J. Snell (With)
From America's leading authorities in childcare comes the definitive guide to having a healthy pregnancy--and a healthy baby.

THE HEALTHY PREGNANCY BOOK guides expectant mothers and fathers through all stages of pregnancy from preconception through birth, focusing on how to enhance the health of mother and baby.

How to grow a smarter and healthier baby

How your baby is developing, and how you may be changing both emotionally and physically

Eating right for two, with a helpful list of pregnancy superfoods

Exercise and keeping fit during your pregnancy

Concerns and questions you may have about test and technology, genetic counseling, and childbirth options

How to protect the womb environment and recognize potential household hazards

Advice on working while pregnant

Choosing the right healthcare provider and childbirth class

The transition into parenthood

And much more...

Written in the Searses' trademark reassuring tone that makes their books long-term bestsellers--THE HEALTHY PREGNANCY BOOK is the must-have resource to fit the greater demands of today's savvy parents.

The Healthy Pregnancy Book: Month by Month, Everything You Need to Know from America's Baby Experts Details

Date : Published September 24th 2013 by Little, Brown and Company (first published January 1st 2013)

ISBN : 9780316187435

Author : William Sears , Martha Sears , Linda Hughey Holt (With) , B.J. Snell (With)

Format : Paperback 464 pages

Genre : Nonfiction, Parenting, Health

 [Download The Healthy Pregnancy Book: Month by Month, Everything ...pdf](#)

 [Read Online The Healthy Pregnancy Book: Month by Month, Everythin ...pdf](#)

Download and Read Free Online The Healthy Pregnancy Book: Month by Month, Everything You Need to Know from America's Baby Experts William Sears , Martha Sears , Linda Hughey Holt

(With) , B.J. Snell (With)

From Reader Review The Healthy Pregnancy Book: Month by Month, Everything You Need to Know from America's Baby Experts for online ebook

Elizabeth Webber says

"The Healthy Pregnancy Book" is a must have for parents (not just moms!) who are planning to conceive or are already pregnant. In my work with young expectant parents I am constantly looking for current, evidence based, and easily digestible information. This book provides it all. It will be my recommendation from now on for all of my clients.

There are several features that help this book to stand out. First, the table of contents can also act as a refresher of what you have already read. It lists specific concerns and common feelings in each month so you know exactly where to look instead of having to flip to a vague "First Trimester Symptoms" section when you are not feeling well. The images in each section help to make information more memorable and understandable.

Second, I LOVE the colorful boxes throughout that have information about what research says on specific topics. I want to know that I am bringing into practice what both research and experience are saying. Additionally, there is great advice on preconception health, exercise, nutrition, labor, birth, aftercare, and common complications. As a bonus, there are fabulous journal questions to help with that oh-so-important prenatal bonding.

This comprehensive book is very user friendly. It is universally helpful for first time parents, parents that want a refresher with the most current information, or people who have already gone a bit pregnancy research bananas but one that one go-to text.

Tari says

This book is written in a more engaging style, and follows a more intuitive structure than other standard pregnancy books (e.g., WTEWYE, Mayo Clinic, etc). However, I have three big comments: (1) The book is written in language which directly, explicitly addresses an imagined reader who is (a) female (b) married and (c) heterosexual. Why write a pregnancy book which is only addressed to women? And why exclude single moms-to-be, and women in single-sex partnerships? (2) The authors also come across as a bit dismissive of women's careers at times-- the book includes scattered offhand remarks which seem to imply that it's self-evident that every pregnant woman should be willing (not to mention financially able) to make various professional sacrifices once she becomes a mom. (3) There is definitely have a strong bias toward keeping things as "natural" as possible-- (e.g., non-organic foods and soaps, minimal medication-based pain relief)-- while the authors take some big liberties in defining what counts as "natural," without always grounding their assertions in a properly scientific fact base / body of research. Overall: the authors come off as belonging to a sort of socially conservative variant on a dogmatic back-to-nature philosophy. Thus, while I personally got a fair amount out of the book, I'd advise taking it with a grain of (hippy conservative Christian, Organic-Himalayan) salt.

Noah Perlman says

This book is an extremely helpful guide from the beginning of pregnancy and up until after a baby is born. Many healthy tips are in this guide to aid a woman through the pregnancy process.

Minna says

This is, oh, maybe the eighth pregnancy book I've heavily skimmed, and so I decided to count one out of eight as actually "read."

This one was OK; it was certainly very informative about the actual physiological effects and things to expect from pregnancy. There were definitely some helpful tidbits inside, and some good recommendations for pregnant women at various stages and for various activities.

BUT, it was a little preachy about midwives, avoiding pain medications, and the negative aspects of pharmacological births (as opposed to a completely natural birth) that I felt like some women would feel discouraged if they did want or need to deviate from the methods and practices that this book promotes. The little drawings of babies beseeching moms things like "Mommy, please don't give birth to me on your back" certainly didn't help, either. The "pain cars" analogy wasn't all that helpful either (apparently, labor pains are like cars that are driving on the hilly highway of labor, and you can "crowd them off the road" by doing things like using mental imagery, listening to music, getting into water, getting your feet rubbed, etc with the end result that the only "cars on the road" are your "distraction cars" and there is no more room for the "pain cars." x_X)

I would say, as with any advice book, this one had things that I would take, and things I could pass on.

Felicia Moore says

Had a lot of good info!

Audrey says

Three stars is a high rating from me for a book like this. I loved/was (am) weirdly obsessed with the nutrition advice and top-12-foods list. Sears et al gives space to midwives and alternative birth settings. Wish it was organized by week instead of by month and had more specific information by time period. For example all of month four is about how it's OK to want to have sex, whereas it would have been nice to just have more information on what happens in pregnancy in month 4.

Becks says

(1) Contains a bunch of anti-vax bullshit. (2) The nutrition section at the beginning recommended recipes

that *literally* triggered dry heaves when read during my first trimester. They might have a bunch of nutrients that are good for baby but I honestly don't know how someone with any degree of morning sickness could choke them down.

Jose Chavez says

Very good pregnancy book.

Very good book. Even though is very natural oriented book, it never makes you feel that is the only healthy way of having a baby. It highlights the pros and cons of every very type of delivery method so you can choose what is best for you.

Angela says

Didn't get around to finishing, though I've heard good things about William and Martha Sears. I think I got a little past the stage of pregnancy I was in, lost interest, and didn't get around to finishing.

Iris van Meer says

My favorite pregnancy book so far: honest and open about alternative ways to get pregnant, be pregnant and give birth. It's a little low on information about the actual birthing stages and excersises, else it would have gotten a five star review. I like the other Sears books as well, they are all quite informative and still easy to read. Also interesting for daddy's!

Anja Manning says

One of the books I read throughout my pregnancy. Lots of useful information not found in other books.

Melody says

Let me start with what I found great about this book - Chapters 18 and 19. Chapter 18 outlines the various hormonal changes that occur in your body during the lead up to and each stage of labor and delivery. This information was extremely helpful to me in understanding what was going to come during labor, and in helping me feel empowered to make informed choices during this process. I knew what my body would be doing, and what various pain relief options (natural and medication) would offer, and this helped me have the labor I wanted to have. (It helped me feel like I was capable of delivering without medication - which I would say is the authors' preference as well - but they aren't strident in their recommendations and certainly offer reasons why medications might be helpful during deliveries as well.) Then, Chapter 19 takes you through each step in the labor process in one of the most informative and useful ways of the various books and sources I referenced. The other month by month chapters were also useful - but those about the end of pregnancy were in my view the best. So, that's the good...

What I didn't like about this book included the somewhat preachy and crunchy tone of the first section (general tips offered before the month-by-month guide). They really want mothers to drink healthy smoothies and graze on food over the course of the day, for example. The recommendations weren't unreasonable - but they also weren't especially helpful to me. Also, throughout the book are these idiotic cartoons of babies in amniotic sacs with thought bubbles saying things related to the text of that chapter like "Daddy, read this, then hug mommy!" or "Mama, we're both going through a growth spurt." I found these incredibly infantilizing and irritating, and I choose to believe that the publisher required these be inserted into the text - because if it was the authors, it would be hard for me to listen to their advice. So, in short, I'd say ignore the cartoon fetuses, and read at least chapters 18 and 19 before you go into labor.

Stephanie says

I read three different pregnancy-as-you-go books and this was by far my favorite (the others were What to Expect and Your Pregnancy Week-by-Week - I dropped that one halfway through). It's less alarmist than What to Expect while still keeping you informed and offering practical advice. As for birth itself, the authors take the side of birth without drugs or surgery, but still outline in detail all the options for a safe and healthy delivery because they know that medical interventions have their place. They just want you to know when they are best and safest. I think the thing I appreciated the most about this book is that it was written by two MDs, a labor and delivery RN, and a certified midwife.

Selena Beckman-Harned says

Best pregnancy book I've read this far. Straightforward and reassuring without being too out there like some of the crunchier titles.

Chelsea Hartweg says

Loved the balance of info and ideas; didn't do much scaring, which was great. Also really loved how it broke the book up into "general things" and then into the stages of pregnancy. Overall, a great book! (large, but quick to read)
