



# The Girlfriends' Guide to Pregnancy

By Vicki Iovine

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## The Girlfriends' Guide to Pregnancy By Vicki Iovine

The practical, comforting, honest, and hilarious bestseller for moms-to-be, with more than one and a half million copies in print!

Your doctor gives you medical advice. Your mother buys you baby clothes. But who can give you the real skinny when you're pregnant?

Your girlfriends, of course—at least, the ones who've been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Four-time delivery room veteran Vicki Iovine talks to you the way only a best friend can—in the book that will go the whole nine months for every mother-to-be. In this revised and updated edition, get the lowdown on all those little things that are too strange or embarrassing to ask, practical tips, and hilarious takes on everything pregnant.

What *really* happens to your body—from morning sickness and gas to eating everything in sight—and what it's like to go from being a babe to having one.

The Many Moods of Pregnancy—why you're so irritable/distracted/tired/lightheaded (or at least more than usual).

Staying Stylish—You may be pregnant, but you can still be the fashionista you've always been (or at least you don't have to look like a walking beachball)—wearing the hippest designers and proudly showing off your bump.

Pregnancy is Down To a Science—from in vitro fertilization to scheduled c-sections, there are so many options, alternatives, and scientific tests to take that being pregnant can be downright confusing!

And much more! For a reassuring voice or just a few good belly laughs, turn to this straight-talking guide on what to really expect when you're expecting.



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### Editorial Review

Review

"American Baby"

A lighthearted, helpful, and brutally honest book from someone who understands. You'll laugh and learn about what to aid (perms, maternity clothing stores), what generally can't avoid be avoided (hemorrhoids, a tendency to worry about everything), and what not to be afraid of (if you're having amniocentesis, that big needle; turning into your mother). And if you feel as though you've embarked on a nine-month-long ride on a roller coaster, the chapter called "Pregnancy Insanity" will reassure you that you're normal.

"Newsweek" Leaving the medical domain to the medical professionals, Iovine focuses on the practical, social, emotional, and physiological aspects of pregnancy....Iovine and her gaggle of Girlfriends are ready with reassuring and frequently irreverent advice.

"USA Today" With great humor and frankness, Iovine addresses the topics most women talk about only with their best friends.

"People" A laugh-out-loud primer for unseasoned moms-to-be.

"American Baby" A lighthearted, helpful, and brutally honest book from someone who understands. You'll laugh and learn about what to aid (perms, maternity clothing stores), what generally can't avoid be avoided (hemorrhoids, a tendency to worry about everything), and what not to be afraid of (if you're having amniocentesis, that big needle; turning into your mother). And if you feel as though you've embarked on a nine-month-long ride on a roller coaster, the chapter called "Pregnancy Insanity" will reassure you that you're normal.

### About the Author

**Vicki Iovine** is the mother of four teenage children. Since the success of *The Girlfriends' Guide to Pregnancy*, she has gone on to write several books in the Girlfriends' Guide series, has lent her expertise in columns for the *Los Angeles Times* and *Child* magazine, and has served as a relationships correspondent for *Redbook*. She has also been a parenting correspondent on the *Today* show, *Oprah*, and *The View*. Vicki lives in Los Angeles with her children and husband, Jimmy Iovine.

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**Charles Hopper:**

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