



The Pregnancy Bed Rest Book: A Survival Guide for Expectant Mothers and Their Families

Amy E. Tracy

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"Often the pregnancy complication and the need for bed rest arise suddenly and unexpectedly, causing the woman and her family to face myriad problems. . . .This book can be an invaluable resource under such circumstances." (From the Foreword by Richard H. Schwarz, M.D., Obstetrical Consultant to the March of Dimes

Statistics indicate that up to 700,000 expectant women a year -- that's one in five mothers-to-be -- are prescribed bed rest as treatment during complicated pregnancies. Bed rest might sound like a relief at first -- but the combination of a possible high-risk birth and a lengthy period of staying off your feet can be stressful.

Amy E. Tracy shares her experiences -- and those of many others -- to help you and your family not only survive but thrive during your days in waiting. With information on everything from informing your employer and making arrangements with your health insurance to proper nutrition and calisthenics, this comprehensive guide also covers such topics as:

- * Understanding Your Doctor's Orders
- * Adjusting to Horizontal Living
- * Coping with Short-term and Extended Hospitalization
- * Limiting the Side Effects of Immobility
- * Making Bed Rest a Family Affair
- * Coming to Terms with Your Feelings
- * Getting Back on Your Feet
- * And More, Including Complete Resources

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Ruben Martin:

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Robert Miller:

A lot of people always spent their very own free time to vacation or even go to the outside with them friends and family or their friend. Are you aware? Many a lot of people spent they free time just watching TV, as well as playing video games all day long. If you need to try to find a new activity this is look different you can read the book. It is really fun for yourself. If you enjoy the book that you read you can spent all day long to reading a guide. The book The Pregnancy Bed Rest Book: A Survival Guide for Expectant Mothers and Their Families it is very good to read. There are a lot of those who recommended this book. These were enjoying reading this book. In the event you did not have enough space to deliver this book you can buy often the e-book. You can m0ore easily to read this book from a smart phone. The price is not too expensive but this book offers high quality.

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