



Pregnancy - The CommonSense Approach: Sensible Advice for Enjoying Your Pregnancy

Pat Thomas

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‘This book is full of wisdom ... and should be required reading for all women of childbearing age.’
Marsden Wagner, M.D., M.S.P.H.

Among women there used to be a ‘common’ sense of what was appropriate, effective and safe in pregnancy and birth. Today, common sense has given way to expert opinion. Pat Thomas’s excellent guide hopes to restore a little balance. It will provide women with the resources they need not only to cope with, but to enjoy their pregnancy.

Pat Thomas treats pregnancy as a state of health, suggesting practical guidelines for a good diet and gentle exercises while offering sensible advice for common complaints that may occur. She also deals with the mother’s emotional wellbeing both during and after pregnancy and looks sympathetically at the role of the man and how it can be enhanced to the benefit of both parents.

Written in a supportive and easy style, the book includes helpful nutritional charts, useful addresses and further reading.

The *CommonSense Approach* series is a series of self-help guides that provide practical and sound ways to deal with many of life’s common complaints. Each book in the series is written for the layperson, and adopts a commonsense approach to the many questions surrounding a particular topic. It explains what the complaint is, how and why it occurs, and what can be done about it. It includes advice on helping ourselves, and information on where to go for further help. It encourages us to take responsibility for our own health, to be sensible and not always to rely on medical intervention for every ill.

Other titles in the series include *Depression – The CommonSense Approach*, *Headaches – The CommonSense Approach* and *Stress – The CommonSense Approach*.

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