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What to Expect When You're Expecting: Fourth Edition

Heidi Murkoff, Sharon Mazel

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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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