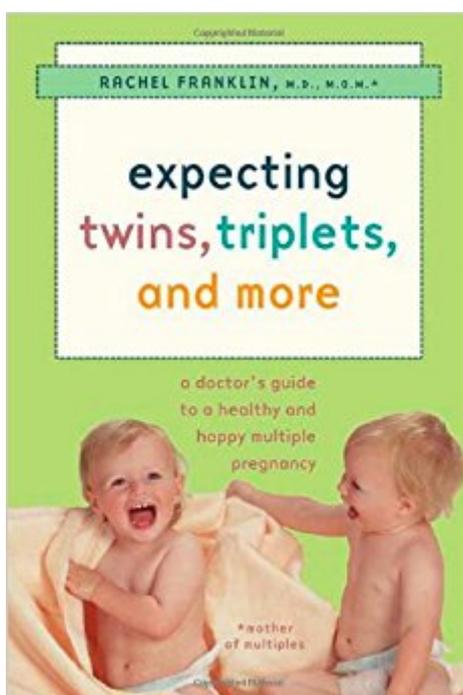


The book was found

Expecting Twins, Triplets, And More: A Doctor's Guide To A Healthy And Happy Multiple Pregnancy



Synopsis

Expecting two or more? With humor, hope, and practical wisdom, Dr. Rachel Franklin helps you to better understand the unique circumstances of multiple pregnancy and birth. From the time you hear the news to the time you take home your bundles of joy, *Expecting Twins, Triplets, and More* will be an invaluable resource on what to expect, how to cope, and how to enjoy the journey. This reassuring reference includes information on:

- Telling family, friends, and coworkers the news
- Choosing a doctor
- Exercising and eating well
- Coping strategies trimester by trimester
- Preparing for labor and delivery
- Understanding potential complications and their solutions
- Navigating the NICU (Neonatal Intensive Care Unit)
- Celebrating the births and bringing home the babies

Expecting Twins, Triplets, and More is like having a friend, who also happens to be a doctor, share her experience and expertise to help you best take care of yourself and your babies at this very special time.

Book Information

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Customer Reviews

Finally -- a book about multiples pregnancy that doesn't make you wish you'd joined a convent! I bought this book the day my husband and I discovered that we were expecting twins; thus far, it's the only resource I've found that presents the joys and potential problems of multiples pregnancy with a positive outlook and an even-handed approach. Medical information is plentiful (as you would expect), but this book is anything but clinical in its presentation. Think of it as the "girlfriend's guide" to multiples pregnancy. Overall, it's an excellent resource for anyone expecting more than one, and

a godsend for couples like my husband and me, who will be first-time parents.

How do I even start...I found this book to be informative, but also to be the laughter that I've needed for months. The author uses a lot of humor and reality based writing for her readers. I think having had a child previously I was able to relate to her sense humor while pregnant and through delivery. Even if you do not find this book to be informative enough for you, I can promise it will be the laughter that you have needed for many months. I tried reading on my breaks at work and would laugh so hard that I had to stop. I would then try to explain to someone why I am laughing and would laugh so hard while trying to explain that tears would just role down my cheek. Thank you Dr. Rachel Franklin for the real life reading.

I was very disappointed with this book. Based on her own experience, the author delves into the trials and tribulations of having twins, without offering much constructive advice. To me the take away message was: you are in for a horrible experience. You will hate how you feel, how you look, and what your life becomes. But oh well, you'll make it through. Seriously, I was really hoping for a helpful book, not just someone making me feel MORE nervous! If most definitely did not ever make me laugh out loud or even smile. I can't come up with anything useful I learned from this book, beside to line up a lot of babysitters! I'd pass over this for any other twin book!

Expecting for the first time and learning it was going to be twins, I was very anxious about what to expect and how a twin pregnancy would be different from a "normal" pregnancy. This book covers with humor and medical knowledge the reality of twins and what to do to prepare both mentally and physically. Many books are out there, but this quick read is a reference you will pick up again and again.

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