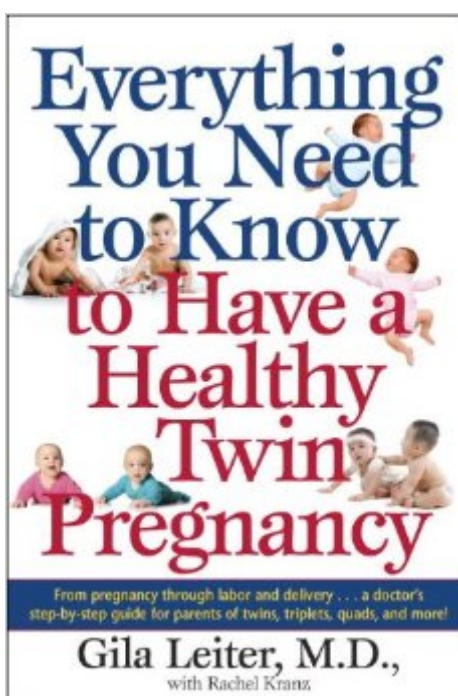


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# Everything You Need To Know To Have A Healthy Twin Pregnancy: From Pregnancy Through Labor And Delivery . . . A Doctor's Step-by-Step Guide For Parents For Twins, Triplets, Quads, And More!



## Synopsis

Twins...triplets...quads...finally! The book that answers all your questions about multiple birth--written by a doctor who is a mother of twins herself Over ten years ago when Dr. Gila Leiter, herself an OB/GYN, was pregnant with twins, the book she desperately needed wasn't available. Now it is: *Everything You Need to Know to Have a Healthy Twin Pregnancy*. Taking you step-by-step through the processes of pregnancy and birth, Dr. Leiter shares her professional and personal expertise, providing answers to all your questions, plus practical know-how, psychological support, and extensive resources for this most joyous--and overwhelming--experience, whether you're having two babies...or four! Learn: The latest in fertility treatments and reproductive technology, and the probable outcome What to expect, trimester by trimester Concrete suggestions for working through your hopes, fears, and fantasies Who should seek genetic counseling How to avoid preterm labor and premature delivery--and what to do if it's unavoidable Recommended vitamins and minerals--plus do's and don'ts All about medications: what you can take, can't take, must take What you should know if you're going to have a C-section Specific ideas for nurturing yourself and reducing stress The birthing process and what to expect in the delivery room Twelve questions to ask the doctor you're considering choosing for your pediatrician What it's like to bring babies home--and what you'll need to manage your new family And much more

## Book Information

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## Customer Reviews

I bought several books on twins. This one was not worth the extra money, as I could have EASILY

gotten the exact same information from two other books that covered ALL the topics included in this book, but which were written in a more accessible and positive way. The first was: When You're Expecting Twins, Triplets, or Quads, Revised Edition by Barbara Luke When You're Expecting Twins, Triplets, or Quads, Revised Edition: Proven Guidelines for a Healthy Multiple Pregnancy and Twinspiration: Real-Life Advice From Pregnancy Through the First Year by Cheryl Lage.

Twinspiration: Real-Life Advice From Pregnancy Through the First Year (for Parents of Twins and Multiples). I would also recommend "What to expect when you're expecting" What to Expect When You're Expecting: 4th Edition. That book has a great readability and pretty comprehensive information overall about pregnancy in general. I would say between these four books, the book by Dr. Leiter (everything you need to know to have a healthy...) is beyond redundant information. The thing I disliked most about Dr. Leiter's book was that it was so sterile and medically based that it came off very negative.

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