

YOU: Having a Baby: The Owner's Manual to a Happy and Healthy Pregnancy | 464 pages | Michael F. Roizen, Mehmet Oz | 2009 | 9781416572404 | Simon and Schuster, 2009

YOU: Having a Baby: The Owner's Manual to a Happy and Healthy Pregnancy. By Michael F. Roizen and Mehmet Oz. Book Actions. Start Reading. Save for LaterSave YOU: Having a Baby: The Owner's Manual to a Happy and Healthy Pregnancy For Later. Create a List. Download To App.Â Few life experiences feature emotional swings as extreme as those of pregnancyâ€”itâ€™s a monumental mix of both intense excitement and skip-a-beat anxiety. How do you respond to such a situation? If youâ€™re like most, you scour websites, read books, browse blogs, and pick the brains of every friend, family member, and store clerk whoâ€™s ever had a baby. You talk about the ups and downs, the cravings and the nausea, the maternity clothes and the stretch marks. You Having A Baby The Ownerâ€™s Manual To A Happy & Healthy Pregnancy Hardcover. Pre-Owned. 4.5 out of 5 stars. 5 product ratings - You Having A Baby The Ownerâ€™s Manual To A Happy & Healthy Pregnancy Hardcover.Â YOU HAVING A BABY: The Owner's Manual to a Happy Healthy Pregnancy by Dr. OZ. New (Other). 4.5 out of 5 stars. 5 product ratings - YOU HAVING A BABY: The Owner's Manual to a Happy Healthy Pregnancy by Dr. OZ. C \$16.18. Top Rated Seller. You: Having a Baby: The Ownerâ€™s Manual to a Happy and Healthy Pregnancy Michael F. Roizen.Â While many pregnancy books tell you what to do, we aim to add a deeper level of meaning in true YOU style and explain why. After all, when you truly understand the why, the what is much easier to adopt.Â Starting with the moment you go from making love to making a baby,â€” weâ€™re going to explain how you can influence your childâ€™s development through this fieldâ€™perhaps the most important developed in the last decade. Many of us believe that the genetics of our children are predetermined the moment that the sperm radar locks on its desired egg.