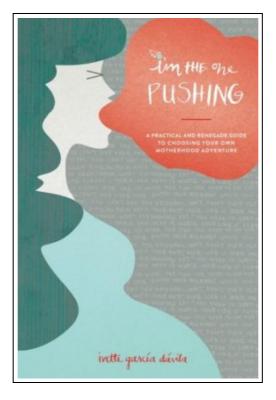
### Im the One Pushing: A Practical and Renegade Guide to Choosing Your Own Motherhood Adventure



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(Friedrich Lynch DDS)

# IM THE ONE PUSHING: A PRACTICAL AND RENEGADE GUIDE TO CHOOSING YOUR OWN MOTHERHOOD ADVENTURE



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Zinnia Press. Paperback. Condition: New. 404 pages. Dimensions: 9.0in. x 6.0in. x 1.0in.THE NO-B. S. GUIDE TO SURVIVING PREGNANCY AND MOTHERHOODYoure pregnant. Now whatThe baby arrives and youre instantly a mom. Now what, again!Straight from the trenches, author-and-new(ish)-mom lvette tells all about pregnancy, delivery, motherhood, and everything in between!Couched in candid recollections of her own experiences and those of other renegade moms, lvette lays out practical, up-to-date information on all the options youll be bombarded with--from choices about nutrition and fitness, to labor, to circumcision and vaccination, to the latest and greatest (and greenest!) baby gear. In short, she arms you with everything you need to forge your own motherhood adventure. Topics include: - How to detoxify your home and womb for Babys health- How to bump with a bump- Which of those zillions of items do you really need for Baby- The pros and cons of every labor option available (and there are lots!)- The truth about breastfeeding- Managing the in-laws once Baby is born- Caring for a sick infant- Returning to work after maternity leave- Kicking mommy guilt in the buttlvettes irreverent humor and unconventional wisdom sprinkled throughout will help you remain sane along the way--as sane as any mom-to-be can be, that is. Above all, shell advise you on how to master this whole motherhood thing without losing yourself. Finally! A guide to pregnancy and early motherhood that your doctor and BFF can both agree on. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

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