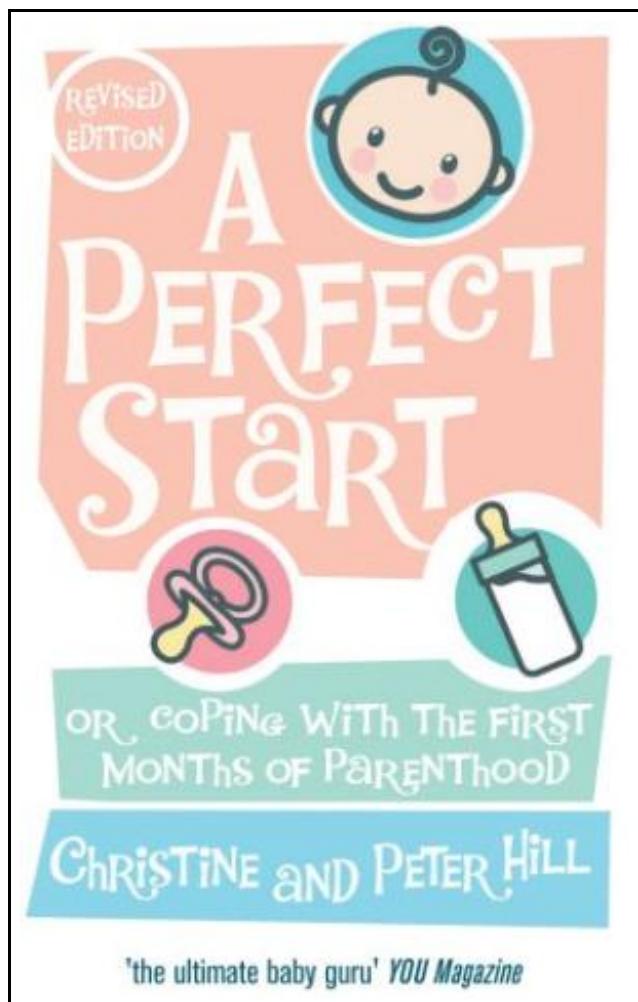


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The book is great and fantastic. Yes, it really is engage in, still an interesting and amazing literature. You wont feel monotony at any moment of your respective time (that's what catalogs are for regarding if you request me).

(Daren Raynor II)

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Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, A Perfect Start: Or Coping with the First Months of Parenthood, Christine Hill, Peter Hill, For many parents the first few months after a baby's birth can be a time of shock and adjustment as well as personal joy. Fatigue, confusion and feelings of incompetence are as common as the delight and pride which are part of having a baby. In this friendly, accessible guide, Christine and Peter Hill take over from where other pregnancy books stop and before baby books begin. They provide a vast amount of practical and down-to-earth guidance on: - What to expect in hospital and afterwards at home - How to cope with persistent crying - Dealing with feelings of depression and isolation - Looking after yourself as well as your baby - How to maintain fulfilling relationships with parents and friends - When and when not to return to work. Drawing on the experiences of over 5,000 mothers - and fathers - with new babies, and now fully updated, this authoritative guide is both reassuring and fun to read.



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