



## While You are Expecting

*Renee F. Van Decarr, Lehrer*

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## **While You are Expecting** Renee F. Van Decarr, Lehrer

In this practical, easy to follow guide, obstetrician and fertility expert F. Renee Van DeCarr M.D. and Marc Lehrer, M.D. show moms and dads to be how to: reduce stress and prepare an optimal prenatal environment, follow the stages in baby's physical and mental growth, learn interactive exercises to prepare for your infant's birth. While You are Expecting offers the simple path expectant parents can take that will result in the birth of a calm, intelligent child who already has bonded with the two people who love him most. Featured on Oprah, Newsweek, Readers Digest and USA Today, While You are Expecting is a must have addition to any nursery bookshelf.

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