



What to Expect Before You're Expecting

Heidi Murkoff

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Announcing the prequel. From Heidi Murkoff, author of America's bestselling pregnancy and parenting books, comes the must-have guide every expectant couple needs before they even conceive?the first step in *What to Expect: What to Expect Before You're Expecting*.

An estimated 11 million couples in the U.S. are currently trying to conceive, and medical groups now recommend that all hopeful parents plan for baby-making at least three months before they begin trying. And who better to guide wanna-be moms and dads step-by-step through the preconception (and conception) process than Heidi Murkoff?

It's all here. Everything couples need to know before sperm and egg meet up. Packed with the same kind of reassuring, empathetic, and practical information and advice and tips that readers have come to expect from *What to Expect*, only sooner. Which baby-friendly foods to order up (say yes to yams) and which fertility-busters to avoid (see you later, saturated fat); lifestyle adjustments that you'll want to make (cut back on cocktails and caffeine) and those you can probably skip (that switch to boxers). How to pinpoint ovulation, time lovemaking, keep on-demand sex sexy, and separate conception fact (it takes the average couple up to 12 months to make a baby) from myth (position matters). Plus, when to seek help and the latest on fertility treatments?from Clomid and IVF to surrogacy and more. Complete with a fill-in fertility journal to keep track of the babymaking adventure and special tips throughout for hopeful dads. Next step? *What to Expect When You're Expecting*, of course.

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