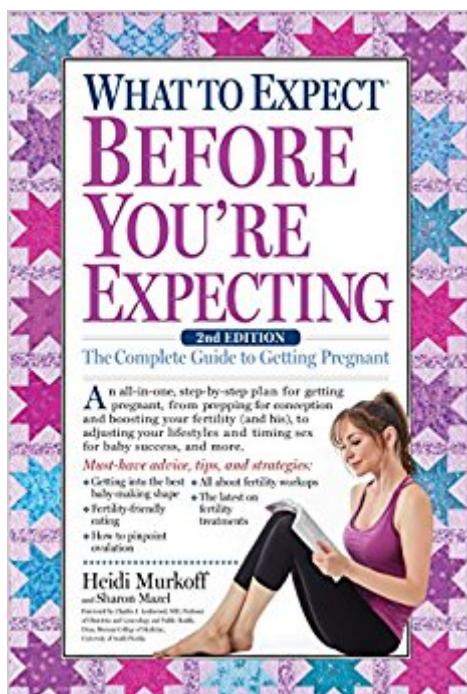


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# What To Expect Before You're Expecting: The Complete Guide To Getting Pregnant



## Synopsis

It's a cover-to-cover revision of America's bestselling guide to getting pregnant, with updated information about genetic screening, ovulation tracking, fertility treatments, and risks like Zika. *What to Expect Before You're Expecting*, with over 250,000 copies in print, has everything that eager-to-be moms and dads need to know about getting pregnant, from getting their bodies ready to make a healthy baby to getting that healthy baby on board faster. You'll find baby-friendly foods to order up (say yes to yams); fertility-busters to avoid (see you later, saturated fat); how to pinpoint ovulation, time baby-making sex, 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. With the latest on health insurance coverage, preconception travel and the Zika virus, sex selection techniques, antidepressants, and information on family-building options for single women and same-sex couples. Plus, for the 1 in 8 couples who experience infertility, the latest on both low-tech and cutting-edge fertility treatments, from medications to IVF and surrogacy. It's everything you need to know for that baby-making adventure. A

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## Customer Reviews

Heidi Murkoff is the author of the *What to Expect*® series of pregnancy and parenting books with over 38 million copies in print. She is also the creator of [WhatToExpect.com](http://WhatToExpect.com) and the [WhatToExpect app](http://WhatToExpect.com), which reach over 18 million expecting and new parents, and the *What to Expect Foundation*, a nonprofit organization dedicated to helping at-risk moms around the world

expect healthier pregnancies, safer deliveries, and healthy, happy babies.

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