



# The Pregnancy Book

**Your complete guide to:**

A healthy pregnancy

Labour and childbirth

The first weeks with your new baby

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This book is given free to all expectant mothers.

Every effort has been made to make this book reflect the most up-to-date medical advice at the time of publication. Because developments can be very rapid, significant changes will always be notified to doctors and other health professionals at once. They will then be incorporated into the text for the next reprint.

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your complete guide

# pregnancy



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