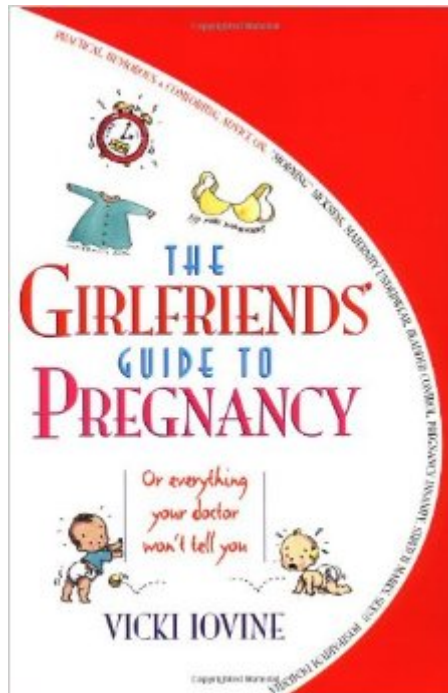


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# The Girlfriends' Guide To Pregnancy: Or Everything Your Doctor Won't Tell You



## Synopsis

A delivery room veteran gives you the low-down as only the best friend can. From the top ten lies ("Maternity clothes are so much cuter now"), to the long-awaited birth, here are practical tips and hilarious takes on everything pregnant.

## Book Information

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Pregnancy & Childbirth

## Customer Reviews

I really hated this book. Because I did spend money on it, I did read it all the way through, although very grudgingly. I have a FANTASTIC sense of humor and hardly anything offends me, but this woman managed to do it. Her whiny, self-important, condescending attitude actually made me hurl the book at a wall...and that wasn't just pregnancy hormones. It was THAT bad. Ms. lovine, a former Playboy playmate, would like you to believe that she is on YOUR side - she and her bevy of what I'm convinced are imaginary girlfriends. However, she goes on about what an evil thing pregnancy is and that it will rob you of your body and good looks...FOREVER. She clearly states numerous times that after having a baby you will be fat, overweight, unattractive, and have saggy breasts. This was one of the first books I bought after finding out I was pregnant and didn't know what to expect. I literally cried after reading it thinking my life was over. I was surprised Ms. lovine doesn't have a Smith & Wesson ad in the back of her book. The "you might as well die" tone just unsettled me. She is obviously unhappy with herself and her life and is looking to bring others down with her. She's like the girl who claims to be your "friend" but gives you backhanded comments every chance she gets (eg. "Oh, wow...those pants really make your butt not look as huge as it really is!"). In reality, I think

SHE was probably too lazy to exercise after pregnancy and expects you to throw in the towel, too, and be just as miserable as she is. For anyone else depressed after reading this, I had my baby and lost all the weight and now have six-pack abs and my breasts don't sag even after six months of breastfeeding. My husband DOES still find me attractive and my life didn't end.

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