



# **Preconception: Improve Your Health and Enhance Fertility: A free prequel to Pregnancy, Childbirth, & the Newborn**

*Penny Simkin, Janet Whalley, Ann Keppler, Janelle Durham, April Bolding*

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**Preconception: Improve Your Health and Enhance Fertility: A free prequel to Pregnancy, Childbirth, & the Newborn** Penny Simkin, Janet Whalley, Ann Keppler, Janelle Durham, April Bolding *Pregnancy, Childbirth, and the Newborn* is one of the bestselling and most comprehensive books about pregnancy, childbirth, and newborn care on the market. Now completely updated, expanded, and redesigned, this authoritative book is the “bible” for expectant parents and childbirth educators.

***Here is a free sample chapter for you!***

In this chapter, "Preconception: Improve Your Health and Enhance Fertility", you'll learn about:

- Emotional wellness
- Health
- Health care
- Hazards
- Enhancing fertility and the odds of conception
- Concerns about infertility
- Planning ahead: maternity care choices

If you like this sample chapter, look for *Pregnancy, Childbirth, and the Newborn*.

## **The Award-Winning Resource Recommended by Experts & Loved by Parents**

***Parents love this book*** because it puts them in control by explaining a wide range of options, information, and questions to ask, so parents can find what works best for their health situation, personal goals, and priorities.

***Experts love this book*** because it's based on the latest medical research and recommendations from leading health organizations. It's practical—rooted in the real-life experiences of new families. The five authors bring a combined total of 150 years of experience working with expectant and new families as educators, nurses, counselors, doulas, physical therapists, and lactation consultants. They have attended hundreds of births, heard thousands of birth stories, and assisted innumerable new parents in adapting to their new lives. Not only that, the authors have a combined total of 12 children and 12 grandchildren. All of this experience allows them to write with compassion, understanding, and wisdom based on what really works in the real-world of parenting.

***The companion website*** offers even more details on select subjects, including lists of all the best resources on each topic and worksheets to guide parents' decision-making process. The website also includes a bonus chapter on pre-conception, which provides ways to improve your health and fertility before pregnancy begins.

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