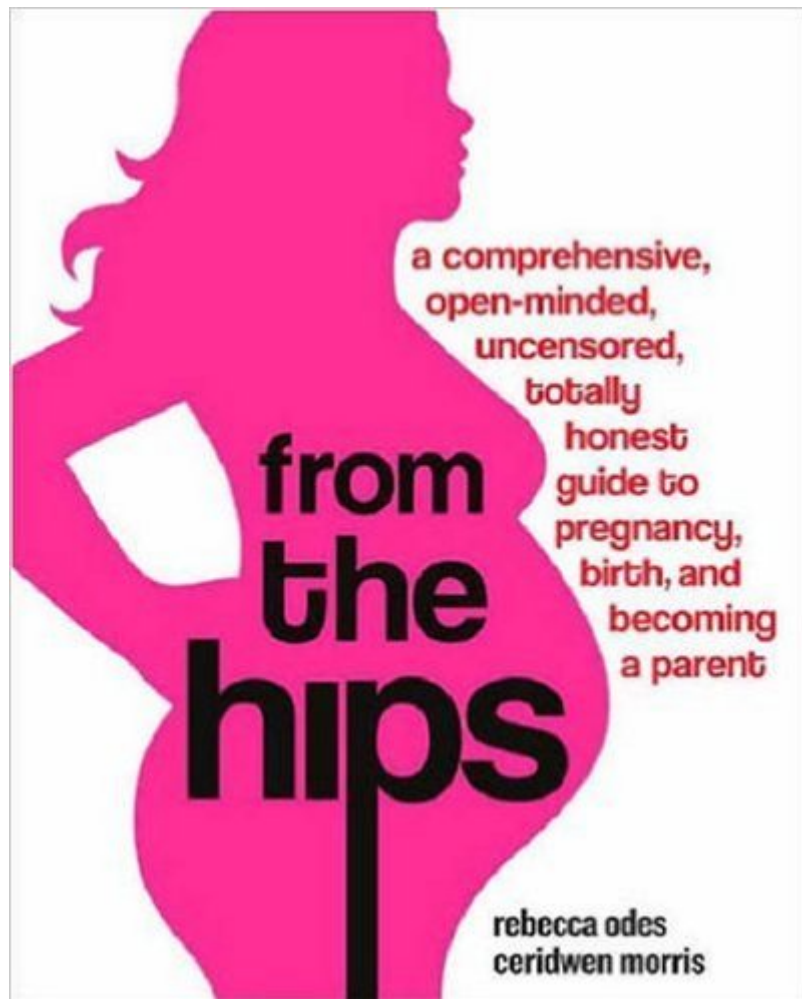


The book was found

From The Hips: A Comprehensive, Open-Minded, Uncensored, Totally Honest Guide To Pregnancy, Birth, And Becoming A Parent



Synopsis

Drawing on the experiences of hundreds of real parents and the expertise of doctors, midwives and other birth and baby pros, this indispensable resource is filled with the most accurate and up-to-date information about having and caring for a baby, including:

- Decisions, Decisions:** A judgment-free breakdown of every major choice, including prenatal testing, natural vs. medical childbirth, circumcision, breast or bottle feeding, and work/life options
- The Endless No:** What not to eat, take, and do when you're pregnant--get the real facts behind the prohibitions
- I Want My Life Back:** Anxiety, regret, ambivalence, and other rarely discussed postpartum emotions
- Parents and partners:** A look beyond the one-size-fits-all approach to family, with strategies for minimizing perfect-parent pressure and managing your real-life relationships through the changes
- Sorting Through the Voices:** A user-friendly guide to the dueling gurus, trendy techniques, and conflicting theories that confuse new parents

A forward-thinking book that includes a wide range of voices and approaches, *From the Hips* reflects the many ways of being pregnant and parenting without suggesting that there is one right way.

Book Information

Paperback: 400 pages

Publisher: Harmony (May 22, 2007)

Language: English

ISBN-10: 0307237087

ISBN-13: 978-0307237088

Product Dimensions: 7.3 x 0.8 x 9.1 inches

Shipping Weight: 1.9 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (82 customer reviews)

Best Sellers Rank: #71,587 in Books (See Top 100 in Books) [#7 in Books > Health, Fitness & Dieting > Exercise & Fitness > Hip & Thigh Workouts](#) [#38 in Books > Medical Books > Medicine > Internal Medicine > Obstetrics & Gynecology](#) [#200 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth](#)

Customer Reviews

I am a childbirth educator and mom of four. I've read almost every pregnancy and childbirth book that's out there. *From the Hips* is my new favorite. It's easy to read, amusing, and packed with well presented options with none of the preachy, prescriptive tone of so many parenting books. For example, birth options--hospital/birth center/homebirth; midwife/OB--are explained factually and

fairly leaving the reader to decide what feels right for her. I love the many "Anonymom" quotes sprinkled throughout the book--makes it feel like a community effort. My only criticism of the book is the riotous use of color--it's fun but at times too intense and intrusive. Not enough of a distraction to lower my 5 star recommendation though.

Upon reading this book for the first time this evening, I am so relieved. I am in my first trimester of my first pregnancy and, after getting "What to Expect" for my first reference, I was left feeling overwhelmed and inadequate right from the start. From the Hips is fun, frank, informative and well organized. This book is so much better than the others -- it even inspired me to write my very first review on .

Really enjoyed this book. I am approaching the 3rd trimester and so far everything that I've read has been accurate. Very honest book. You can tell that real women wrote it who have really experienced pregnancy. LOVE the quotes from real moms. My husband actually looked through the book one night and laughed because many of the quotes had come out of my mouth at some point during the last 6 months.

This is a unique book about pregnancy- almost the whole thing is quotes from women who have had a variety of experiences. This makes it more honest and less clinical than most books. Some of the quotes may rub you the wrong way or seem like they don't apply to you but it's so interesting to realize what a range of experiences there is with regards to pregnancy and birth. It reminds you that what you're going through- even if it seems tough or extreme- is normal and you are not alone. Reading this sometimes felt like joining a conversation. I don't think this book is comprehensive enough to be your only resource for pregnancy- I recommend getting a more medical guidebook to answer things like medication questions. I also recommend getting a book or using a website that sends you weekly updates, telling you about fetal development for your particular stage- that stuff is so interesting and not covered by this book. Also, this book doesn't have any photos and its graphics are a little pink/girly for me but I still enjoyed it and it would make a great gift to someone early in their pregnancy. It has some great content about physical recovery after birth - stuff that few other books get into.

I am pregnant with my first child. I picked this book up from my library and am now going to buy it for anyone else I know who gets pregnant. If you are like me, you tend to fantasize about all the fun and

games and great expectations of having a baby. And, while you do also have doubts and worries, you tend to push those to one side because you think they are "unnatural" or "not healthy." But, the truth is, new parents really need to know what is involved in the REALITY of having a child. Friends and relatives who have had babies may tell you some things, but often they romanticize the process either because they really don't remember how hard it was or, they don't want to scare you/talk badly about their children. This book was great because it gave me the feeling that even if things don't go the way I had envisioned that doesn't make me a failure or a bad mom. Sometimes we react to this huge life-change in ways we never expected. I like that this book presents you with all sorts of possibilities--good and bad--and assures you that we all just do the best we can. I would not make this the ONLY book a new mother reads, but definitely put it on your MUST list. It will make the road a little easier to waddle :)

This turned out to be less useful than I expected, mostly because it had less information about the week to week details of what is happening during pregnancy. For that, I've been much happier with Your Pregnancy Week by Week. But if you're looking for a more balanced guide with relatively brief info about gestation, labor, and postpartum issues, this is a good book to pick up. Very straightforward, no scare tactics or shaming

I cannot emphasize enough what a fantastic book this is. I am pregnant with my first child and this book is very thorough but still manages to be entertaining. It is much more substantial than I might have guessed-- it is a true reference book despite the lighthearted title and cover imagery. Not patronizing, but doesn't assume you come into pregnancy knowing the difference between a midwife and a doula! :-) By far the best book I've read in terms of covering A LOT of material in a unique and interesting way. Has an amazing way of anticipating what the reader might want to know about a subject and giving MANY perspectives and opinions. Don't hesitate to get this! If you're thinking about it, get it! I'm so glad I did! Would also make a great shower gift.

[Download to continue reading...](#)

From the Hips: A Comprehensive, Open-Minded, Uncensored, Totally Honest Guide to Pregnancy, Birth, and Becoming a Parent
Cure Tight Hips Anywhere: Open Locked Up Hips and Pelvis Anytime, Anywhere (Simple Strength Book 1)
Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips)
Having Twins And More: A Parent's Guide to Multiple Pregnancy, Birth, and Early Childhood
Having Twins: A Parent's Guide to Pregnancy, Birth and Early Childhood Raising

Multiple Birth Children: A Parent's Survival Guide, Birth-Age 3 Pregnancy:The BEST Pregnancy Handbook For First Time Moms And Dads: Pregnancy, Motherhood, Childbirth, Pregnant, Healthy Kids, Healthy Children,parenting,toddlers ... diet,Breastfeeding, Newborn, Infant Care) Surgery Open Heart: A Surgical Nurse Guides You Through Open Heart Surgery (Open Heart Surgery, Aortic Valve / Mitral Valve Replacement, Coronary Artery Bypass, Aortic Aneurysm, Myxoma) Sex in the Saddle: Extended & Uncensored (A Raw, Billionaire Cowboy Pregnancy Romance) The Baffled Parent's Guide to Coaching 6-and-Under Soccer (Baffled Parent's Guides) True Crime: The Worlds Weirdest And Most Vicious Killers Of All Time: True Crime Stories Of The Sick Minded Killers (Serial Killers True Crime Book 2) The Baffled Parent's Guide to Coaching Youth Soccer (Baffled Parent's Guides) The Baffled Parent's Guide to Great Soccer Drills (Baffled Parent's Guides) The Baffled Parent's Guide to Great Basketball Drills (Baffled Parent's Guides) The Baffled Parent's Guide to Coaching Youth Hockey (Baffled Parent's Guides) The Baffled Parent's Guide to Coaching Girls' Lacrosse (Baffled Parent's Guides) Give Your Child the World: Raising Globally Minded Kids One Book at a Time The Big Sort: Why the Clustering of Like-Minded American is Tearing Us Apart Double Minded Man: Spiritually Unstable Everything You Need to Know to Have a Healthy Twin Pregnancy: From Pregnancy Through Labor and Delivery . . . A Doctor's Step-by-Step Guide for Parents for Twins, Triplets, Quads, and More!

[Dmca](#)