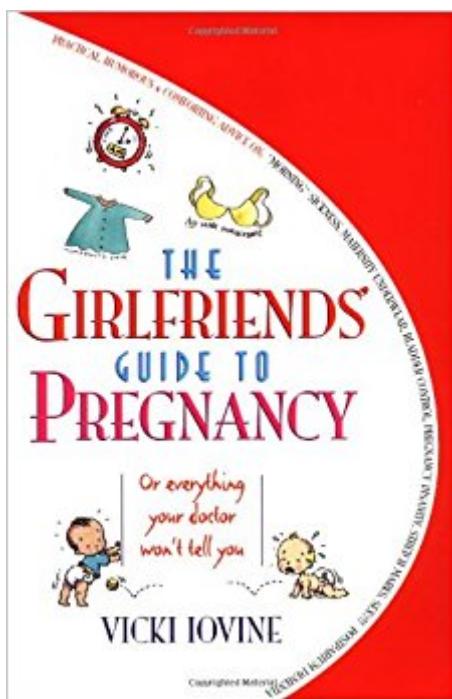


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# The Girlfriends' Guide To Pregnancy: Or Everything Your Doctor Won't Tell You



## 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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## Customer Reviews

Beginning with the "10 Greatest Lies About Pregnancy" (number 10: Lamaze works), and ending with postpartum dementia, Vicki Iovine's *Girlfriends' Guide to Pregnancy* has fast become the laywoman's mouthpiece for the American pregnancy experience. Iovine is irreverent, sassy, and incredibly reassuring as she exposes the "truths" of pregnancy and childbirth, from sex to cellulite to cesareans. Iovine birthed four kids in six years, none of them twins, which certainly qualifies her as an expert. The *Girlfriends' Guide to Pregnancy* does reveal Iovine's particular cultural biases (pregnant or not, most of us don't have record-producer husbands, hang out with supermodels, or wear size-four pants) and philosophical beliefs (she's not a particularly strong proponent of natural childbirth or nursing), but, taken with a grain or two of salt, she provides many hilarious moments, acres of advice, and honest reassurance readers will find nowhere else. --Ericka Lutz

For first-time mothers-to-be, this candid, funny and very reassuring guide to pregnancy is just what the doctor ordered?or would if he/she knew about it. Iovine, who has had four babies and who seemingly has girlfriends with many more, believes that women learn the really valuable things

about pregnancy from other women. Since too few women in today's mobile society have a close circle of experienced female friends to turn to, Iovine's sharing of her own and her friends' experiences and knowledge fills a genuine need for comforting, straightforward, non-euphemistic woman-talk. Without stepping on any medical toes, and in language that is neither technical nor cutesy, she tackles morning sickness, swollen breasts, exercises, stretch marks, sex during and after pregnancy, delivery and just about everything else, from maternity clothing to bladder behavior. Iovine anticipates every conceivable question, and her responses are warm, wise and witty.

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Despite some negative reviews, I ordered this book anyway since I had skipped ahead and already read "The Girlfriend's Guide to the First Year" and I enjoyed that one. It seems like those reviews are pretty nit-picky, or else I'm just easy to please. I enjoyed the writing style of this book and it not being stuffy and clinical like all the others I've read about pregnancy. Aside from only a few more gory details I learned from my actual friends, I definitely learned a lot from this book and I'm glad I have it. Some of the info is dated since it is a fairly old book, but not a big deal. If you don't agree with some of the things she advocates, just do what your instincts tell you.

The most direct guide to pregnancy you will find, which doesn't beat around the bush and calls a spade a spade. Vicky and the girlfriends guide you through the most unexpected bodily changes, address the most common insecurities surrounding parenting and advise you on how to deal with your wardrobe! Do yourself a favour and buy this book, even if you're not having your first child. It will feel like a warm hug from your BFF. I also recommend the Girlfriends' Guide to Toddlers by the same author.

While I was pregnant with my daughter I wanted to step away from all of the "serious" books and read something more fun on the topic of pregnancy. I found this book and was excited to get it, especially after all the great reviews. I hated this book. It was so negative about so many things. Most of what she talks about never even happened to me during my pregnancy or birth. I didn't even read the end because I was worried it would scare me about the birth. It takes a lot for me to think something is this bad, but this book really was. It talks about a husband not liking how you look and really makes you feel bad about yourself. My husband thought I looked just fine while I was pregnant. He actually missed my belly a little bit after I gave birth. It was like he had an attachment to it. Anyway, I would definitely not recommend this book to anyone. There is too much stuff in here

that sounds a little terrifying that may not even happen, and worry you for no reason. I'm so glad I bought this through the marketplace so it was cheap. Wasn't even worth that much. If you want a light read, read Jenny McCarthy's book, Belly Laughs. That was an easy read, funny, and a little more realistic. Much better choice!

good book, helpful tips , a little outdated

Funny stuff! A good book to read when you need a break from all the serious and sometimes scary medical type pregnancy books - a healthy dose of laughter and a sense that you are not going through this alone - that others just like you have gone before and had the same fears that needed soothing....Vicky tells it like it is, with a hilarious twist that reminds you to relax, this will all be over soon and just enjoy the ride.

This certainly isn't the only book you should purchase when having your first child, but it is ESSENTIAL to have! It is enlightening and light hearted - especially when talking about dreaded side effects of pregnancy (from stretchmarks, to puking, to talking to your doctor about personal problems 'down there'). I highly recommend this if you are having your first!!!

I have this book when I was pregnant and loved it. I just bought this for a friend that is having twins and knew she would love the laugh. Awesome book!

I don't look at this book as a medical journal that will prepare you for pregnancy and childbirth, I look at it as a book that will tell the 'story' of one woman and what SHE went through during her pregnancies. She relates symptoms, emotions and cravings that she experienced, as well as those of some of her girlfriends. To me, this is a light-hearted look at pregnancy. It says, "No matter what you're going through, rest assured that others have gone through it too. It's normal." I have plenty of other books that tell me the specific medical facts about pregnancy, and those are very informative and good to have. I found this book a fun read that shows the ups and downs of pregnancy. The only real nitpick I have with it is the fact that some of the things she says are a little on the feminist side. Husbands should pretty much stay out of their pregnant wife's way and accept every mood swing with a smile plastered to their face. I do not agree. My husband is as eager to experience this pregnancy as I am, and is not content with sitting back because 'his job is done'. The comments she makes in the book are not so distracting as to turn me off, but they are there and I just wanted to

warn future purchasers as to what to expect. Basically, this is a biography about her pregnancies and those of her friends. I enjoyed it thoroughly, and think it should be viewed as just a 'fun read' and not as a serious, here-are-the-facts, medical journal.

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