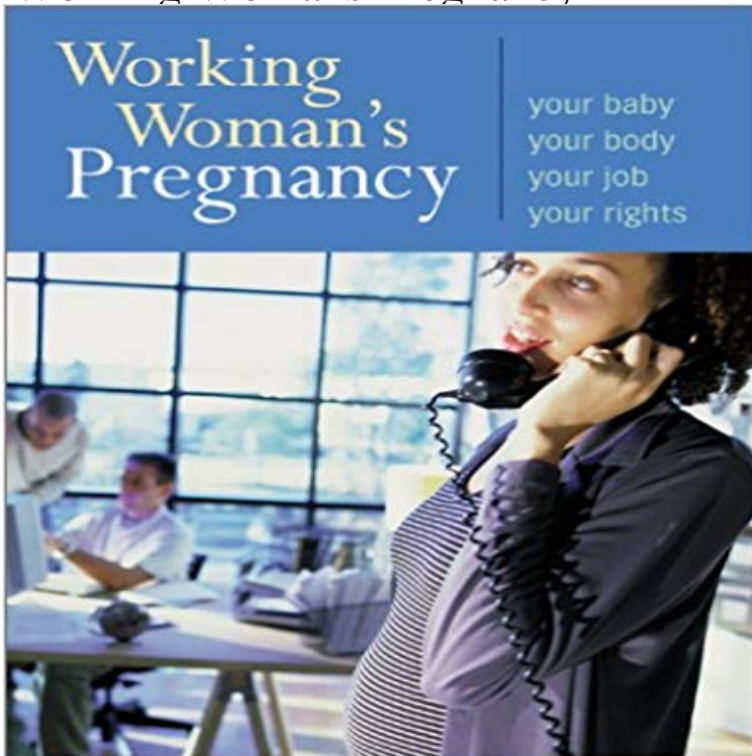


Working Womans Pregnancy



The essential guide for today's working woman it provides a confident and authoritative voice of reassurance for all working women, whether considering starting a family or in the middle of a pregnancy. Working Womans Pregnancy provides a detailed week-by-week plan of what to expect at each stage of the pregnancy and offers extensive self-help advice, from office relaxation exercises to planning time off for medical check-ups. Hilary Boyd discusses everything the working woman needs to know, from how she will be feeling and balancing the demands of work and home to when to buy new clothes, which medical check-ups to expect and when, how much time to request off work for clinic and antenatal classes, and a full round-up of current maternity benefits and employment rights, providing the complete manual for the working woman as she approaches the birth of her child. Whether the work-place is an office, a laboratory, a court room, a shop or a farm, combining pregnancy with day-to-day life presents a unique situation with its own pleasures and challenges. Demystifying medical jargon, offering different healthcare options, and presenting down-to-earth information in a calm, clear tone, Working Womans Pregnancy guides us through the different needs of each trimester. Innovative, contemporary design and clear illustrations convey easily accessible information.

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