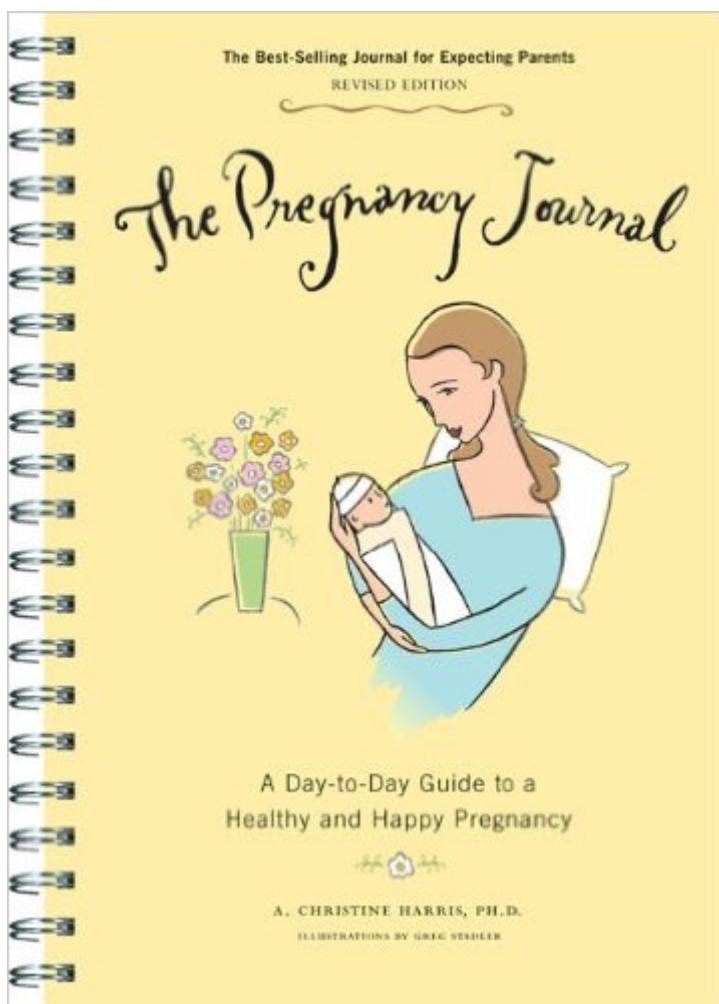


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# The Pregnancy Journal: A Day-to-Day Guide To A Healthy And Happy Pregnancy



## Synopsis

The classic is back! Fully revised with the latest medical information on both mom's health and baby's development, this best-selling journal is packed with daily entries that feature tips, advice, and plenty of room for personal reflection. Beautifully repackaged with a fresh design, this one-of-a-kind journal established both as a self-purchase and gift of choice is the ultimate resource for today's expecting mother.

## Book Information

Spiral-bound: 206 pages

Publisher: Chronicle Books; 3 edition (September 30, 2009)

Language: English

ISBN-10: 081186989X

ISBN-13: 978-0811869898

Product Dimensions: 7.5 x 0.8 x 10.2 inches

Shipping Weight: 1.3 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars (See all reviews) (303 customer reviews)

Best Sellers Rank: #16,919 in Books (See Top 100 in Books) #53 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #170 in Office Products > Office Supplies > Calendars, Planners & Personal Organizers > Planners, Refills & Covers > Planners #1065 in Books > Parenting & Relationships

## Customer Reviews

I bought this book before I knew that there were other journals out there, I looked at the first few pages which had questions about my pregnancy... which I liked I want to document my pregnancy the best I can. Before I started writing in it however, I didn't look through the rest of the book. There is more information in it day to day than there is space to write about your own pregnancy. I was at Barnes and Noble yesterday and I saw "The Belly Book" and I WISH I would've gotten that one, and I probably still will since this "journal" isn't really a journal. If you want the information and a journal I would just get "What to expect when you're expecting" and "The Belly Book". Then you get the best of both worlds. Hopefully that is helpful to some of you other preggo ladies out there, I just totally wouldn't recommend it unless you look through the book first and decide that's what you want.

I was incredibly disappointed with this journal. The author is overbearing in her advice, especially her dietary recommendations, for which she seems unqualified to give as a Ph.D. and not an MD or

dietitian, and she lists no co-authors or resources that would qualify her to be so incredibly repetitive and specific. Especially early on in the journal, I amused myself by counting how many times she emphasizes the word 'organic' per sentence. I'm eating organic, I get it! It doesn't need to be every other word! Additionally, she fixates on weight in a very negative and frustrating way. If my doctor says I'm on track, I don't need a psychologist telling me otherwise and her overemphasis on the subject only highlighted for me that she was not a credible or knowledgeable source. Space for reflection is inconsistent--I would prefer space for notes, weight, and thoughts to be regularly paced instead of sporadic as it is here. As many others have pointed out, her dates are completely off from any other resource you will find, which is annoying. The only thing I enjoyed are the things that she didn't write, the quotes at the bottom of most pages that relate to children and families. Otherwise, I genuinely dislike this journal.

I purchase this journal in 2002 after I found out I was pregnant with my daughter. After looking at many different journals I decided on this one due to the information given for each day, the questions for each day and the space to make notes. The questions helped to prompt me as to what to make notes of. At first I also had a hard time figuring out the correct dates to enter. Once I got that part figured I was good to go. I liked the size of the book too. I pasted in all the ultrasound pictures, cards I received, pictures of my growing belly and of Daddy hard at work painting the baby's room and putting together the crib. I pressed in flowers from congratulation bouquets and a copy of her foot prints at the very end. It is the only record of her life that we have as she passed away the day before she was due. I am truly grateful for this journal and all the happy memories it holds for us now. I strongly urge all expectant moms to use this journal, it is such a joy to look back on how far you've come and everything you experienced while pregnant. It's easy to forget the small stuff! Your child will also appreciate reading and learning about themselves before they came into the world!

This is my favorite memory keeper from my pregnancies! I bought this book three times for myself and have sent it to my sister, sister-in-law, & a few friends at the beginning of their pregnancies. There is day by day reading (a few paragraphs) on the baby's development plus areas to write. I found myself writing in the margins & taping pictures throughout the book too. During subsequent pregnancies I often looked back to compare notes with myself. My kids get their baby books, I have my pregnancy books. Some year I want to pass them on to my kids when they or their wives are pregnant. :)

I've had this "journal" for a couple days now. I wish I had read it more before writing in it. I immediately was not very happy when I opened it up and saw it was mostly reading with tiny spots to record weight measurements and gain and notes. I'm already a college student with plenty of reading to do with my studies alone. Plus this is my second pregnancy so a bit of the info is very repetitive. I've also noticed like others that the author seems very biased in her beliefs. It should be noted that this journal's primary calendar system is a lunar calendar. This day and age doctors and everyone go by the LNMP calculation system. (Starting at the first day of your last period) vs this book which measures by the conception date. I am one who knows the exact conception date, so I started filling it out as so and have found that even though the book promises that the LNMP calculation system and her own do line up, they actually do not. For example: today is Wednesday March 11th. According to my doctor and my own calculations from many online tools I am due October 9th. I am 9 weeks 5 days pregnant. Yet this pregnancy book says I am at day 55 and at 8 weeks day 2 according to the author's measurement system or 10 weeks day 2 according to the LNMP measurement. Are you confused yet? Me too. I would not suggest buying this pregnancy journal I will probably end up buying another one.

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