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## Bloke's 100 Top Tips for Surviving Pregnancy

By Jon Smith

Hay House Inc. Paperback. Book Condition: new. BRAND NEW, Bloke's 100 Top Tips for Surviving Pregnancy, Jon Smith, A follow on to the bestselling Blokes Guide to Pregnancy, this pocket bite size guide book has all the crucial advice for expectant blokes and outlines 100 absolute need to know tips for surviving pregnancy. Written in Smith's customary no nonsense, straightforward style - These 100 tips are taken from interviews with 100 blokes who have lived to tell the tale. Taking you through all the highs and lows (and ins and outs) of those crucial nine months, advice includes: taking the news like a man (when inside you're feeling like a mumbling idiot); keeping abreast (ahem!) of the physical changes going on in your partner's body; sex (what happens now?); and getting your finances and lifestyle sorted- the best ways to prepare for becoming a dad. This is the only guide to be reading for all expectant dads out there.



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