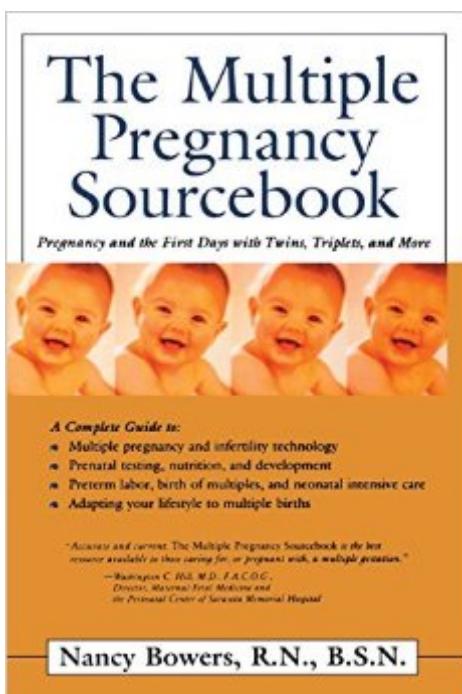


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# The Multiple Pregnancy Sourcebook: Pregnancy And The First Days With Twins, Triplets, And More



## Synopsis

In the past 10 years the number of twin births has risen 52 percent and the number of higher-order multiples has increased more than 400 percent! Written by a perinatal nurse specializing in multiple birth education, *The Multiple Pregnancy Sourcebook* explores the physical, financial, and emotional challenges of this high-risk condition. Included is an extensive list of support resources.

## Book Information

Series: Sourcebooks

Paperback: 432 pages

Publisher: McGraw-Hill Education; 1 edition (April 30, 2001)

Language: English

ISBN-10: 0737303069

ISBN-13: 978-0737303063

Product Dimensions: 5.9 x 0.5 x 8.9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 starsÂ  See all reviewsÂ  (15 customer reviews)

Best Sellers Rank: #1,482,726 in Books (See Top 100 in Books) #71 inÂ  Books > Parenting & Relationships > Family Relationships > Twins & Multiples #2257 inÂ  Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #3663 inÂ  Books > Health, Fitness & Dieting > Women's Health > General

## Customer Reviews

This book is excellent!!! This book is jam packed with tons of information on multiple pregnancies. However, it is not for the timid. The risks are spelled out to you extremely well and may frighten some people. But the risks are there and they are very real. You have to look at it in perspective (for instance, if it says 30% fatality, that's 70% who survive...) I was looking for information on twins when I stumbled upon this book. I wanted a book to "spell it all out" vs just a little paragraph or page in the average pregnancy book. I wanted to "know it all" and was satisfied with this book. Definitely recommended!!!

I discovered this book about halfway through my pregnancy and was so disappointed not to have found it sooner! It is by far the best twin pregnancy book I have read. A twin pregnancy is such a unique experience and after reading a general pregnancy book or two, you find yourself with lots of questions left unanswered. I kept asking myself, "But how will this be different for me?" Nancy

Bowers has the answers. This book is well-organized, well-researched, and covers all aspects of multiple pregnancy in an honest, forth-right manner. Part III "The Joys and Challenges of Being High Risk" can be a bit overwhelming. Here, Bowers reviews the possible problems that can arise during a multiple pregnancy, however she is not alarmist about it. Rather she frequently points out that statistically most of the problems seldom occur. I found it informative and was glad to have the risks spelled out; others might find it somewhat frightening if not kept in perspective --most multiple pregnancies/births are normal and healthy. I'm now 33 weeks pregnant with my twins and reference this book all the time. I had my husband read it and he found it an informative, easy read. We are about to be first time parents and welcome all the info we can get on this very unique experience. Truly a must read for all parents expecting multiples!

I have no doubt that this book is great for the first time mother, but for someone who has had a child previously, there was not a lot of new information. There is a lot of good basic pregnancy information here, but much of the multiple pregnancy info could be concluded from singleton pregnancy books and good common sense. I wanted specific information on what I could do to prevent pre-term labor, how much to eat and what, and my limitations. This book did not enlighten me very much at all.

I bought this book the day after I found out I was having twins and didn't put it down my entire pregnancy. This is a wonderful book. It's written with the unique joys and trials of a multiple pregnancy spelled out clearly. The author is factual and friendly without being preachy like some other pregnancy books I read. It covers both the emotional and physical aspects of a multiple pregnancy and does a great job of preparing the reader for labor and birth(s).

The complications with a multiple birth can hardly be tackled in-depth in any one volume, but this book does a great job balancing common-sense medical wisdoms and spelling out the innumerable risks to mother and babies. Your OB-GYN can point you to another book that deals with your specific medical problems. As a present for being stuck in bed-rest, I gave my wife: "I SLEEP AT RED LIGHTS: A TRUE STORY OF LIFE AFTER TRIPLETS," by Bruce Stockler, and she loved it. The funniest and most hopeful book about the troubles of multiples and parenting in general. Good luck to all multiples parents!

I found this book to be lacking in information as well as very repetitive. Much of the information she

includes is no different than what can be found in a regular pregnancy book. In addition, she feels the need to define words that, in my opinion, if you don't know the definition of, you should probably not have gotten pregnant. Also, this book is in desperate need of a revision. Nothing huge, but in the section about bed rest, she references watching videos on your VCR as well as programming your doctor's number into your speed dial.

This was a gift when my son and his wife were pregnant with twins. They claimed it was great, and that is all I wanted. The twins are now over a year old and I am sure they learned lots of information from the book

Multiple Pregnancy Sourcebook provides parents with an excellent guide to multiple births; from infertility technology and prenatal testing and development to the birth of multiples and adapting a life to raise multiples. Chapters provide advice, review common procedures and possible complications, and provide all the details needed to understand the different requirements and events of a multiple birth.

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