

The Belly Book Journal A Nine Month Journal For You And Your Growing Belly Potter Style

A beautiful way to remember your pregnancy and baby’s first year. Early symptoms, odd cravings, labor and birth, footprints, and beyond--document all the major milestones of your pregnancy and baby’s first year. This sweetly illustrated pregnancy journal has plenty of space for mom to journal and jot down delightful details. There are so many wonderful memories being made and From Belly to Baby helps you record them with thoughtful writing prompts, ample room to write, and even inspirational motherhood quotes, and all in a fun and celebratory package worthy of your little gift. From Belly to Baby includes: What to expect--Find insights about your baby's development, as well as a list of common things most moms go through at each stage of pregnancy. Helpful templates--Even if you’re suffering from “pregnancy brain” now, remember the important details--from first trimester highlights to a list of “firsts and favorites.” Wonderful keepsake--This charmingly illustrated journal is the perfect way to record your treasured memories for your future child. Rejoice in the memories of your pregnancy and baby’s first year--and remember them always--with From Belly to Baby.

“Sam Keen is one of the most creative, profound thinkers of our time. I personally have learned and benefited immensely from his books. He brings to the men’s movement a new kind of practical wisdom that should help both men and women.”—John Bradshaw, author of Homecoming How does one become a “real man”? By joining a fraternity? Getting a letter in football? Conquering a lot of women? Making a lot of money? With traditional notions of manhood under attack, today’s men (and women) are looking for a new vision of masculinity. In this groundbreaking book, Sam Keen offers an inspiring guide for men seeking new personal ideals of strength, potency, and warrior-ship in their lives. What does it really mean to be a man? Fire in the Belly answers that question by daringly confronting outdated models that impoverish, injure, and alienate men. It shows instead how men can find their own path to understanding the unique mysteries of being male and in the process rediscover a new vitality and virility that will energize every aspect of their lives. Here is a look at men at work, at play, at war, and in love, moving from brokenness to wholeness and building nurturing, satisfying relationships with one another, their mates, and their families. At no time in history have there been so many men looking for new roles, new attitudes, and new ways of being. In this powerful and empowering book, author Sam Keen retells for modern times the ancient story of the search for what it means to be a man—a man with fire in his belly and passion in his heart. “This book taught me things i didn't know, thawed out some feelings that had been frozen, and made me remember things I thought I wanted to forget. The growing men's movement has added a voice and a book that captures the problems of being male and the promises of manhood achieved. I didn't want it to end.”—John Lee, author of The Flying Boy

The practical, comforting, honest, and hilarious bestseller for moms-to-be, with more than one and a half million copies in print! Your doctor gives you medical advice. Your mother buys you baby clothes. But who can give you the real skinny when you're pregnant? Your girlfriends, of course—at least, the ones who've been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Four-time delivery room veteran Vicki Lovine talks to you the way only a best friend can—in the book that will go the whole nine months for every mother-to-be. In this revised and updated edition, get the lowdown on all those little things that are too strange or embarrassing to ask, practical tips, and hilarious takes on everything pregnant. What really happens to your body—from morning sickness and gas to eating everything in sight—and what it's like to go from being a babe to having one. The Many Moods of Pregnancy—why you're so irritable/distracted/tired/lightheaded (or at least more than usual). Staying Stylish—You may be pregnant, but you can still be the fashionista you've always been (or at least you don't have to look like a walking beachball)—wearing the hippest designers and proudly showing off your bump. Pregnancy is Down To a Science—from in vitro fertilization to scheduled c-sections, there are so many options, alternatives, and scientific tests to take that being pregnant can be downright confusing! And much more! For a reassuring voice or just a few good belly laughs, turn to this straight-talking guide on what to really expect when you're expecting.

Soon to be a Netflix Film in March 2021! From the New York Times bestselling creators of I Wish You More, Amy Krouse Rosenthal and Tom Lichtenheld, a funny look at the one day of the year that can compete with Christmas for children’s affection: YES DAY! No matter how silly the request, there is one day a year when kids always receive a positive response: Can I have pizza for breakfast? YES! Can we have a food fight? YES! Can I stay up really late? YES! The simple text coupled with delightful illustrations will send kids on a journey into their wildest wishes. With humor and appreciation for life's little pleasures, Yes Day! captures the excitement of being a kid. Jennifer Garner uses Yes Day! as inspiration for an annual magical day of all things YES with her children. She was a little worn out after 24 hours of pure YES in 2017, but she still praised Yes Day! as "a fantastic children's book."

Floral Memory Book Notebook Diary (6x9, 110 Lined Pages)

From the Belly of My Beauty

Mum Of Twins

Belly-Rippers, Surgical Innovation and the Ovariotomy Controversy

Pretty Floral Journal Notebook Memory Book Diary Belly Book For Moms-To-Be

The Politics of Anti-Fatness as Anti-Blackness

Blue Flowers Journal Notebook Memory Book Diary Belly Book For Moms-To-Be

If it can be said that Native culture is hidden behind the facade of mainstream America, there is a facet of that culture hidden even to many Native Americans. One of today's generation of outstanding Native writers, Esther Belin is an urban Indian. Raised in the city, she speaks with an entirely different voice from that of her reservation kindred as she expresses herself on subjects of urban alienation, racism, sexism, substance abuse, and cultural estrangement. In this bold new collection of poems, Belin presents a startling vision of urban California—particularly Los Angeles—contrasted with Navajo life in the Four Corners region. She presents aspects of Diné life and history not normally seen by readers accustomed to accounts written by Navajos brought up on the reservation. Her work reveals a difference in experience but a similarity in outlook. Belin's poems put familiar cultural forms in a new context, as Coyote "struts down east 14th / feeling good / looking good / feeling the brown." Her character Ruby dramatizes the gritty reality of a Native woman's life ("I laugh / sit / smoke a Virginia Slim / and talk to the spirits"). Her use of Diné language and poignant descriptions of family life will remind some of Joy Harjo's work, but with every turn of the page, readers will know that Belin is making her own mark on Native American literature. From the Belly of My Beauty is also a ceremony of affirmation and renewal for those Native Americans affected by the Federal Indian Relocation Program of the 1950s and '60s, with its attempts to "assimilate" them into the American mainstream. They have survived by remembering who they were and where they came from. And they have survived so that they might bear witness, as Esther Belin so powerfully does. Belin holds American culture accountable for failing to treat its indigenous peoples with respect, but speaks for the ability of Native culture to survive and provide hope, even for mixed-blood or urban Indians. She is living proof that Native culture thrives wherever its people are found.

The 2022 Lammy Award Winner in Transgender Nonfiction Exploring the intersections of Blackness, gender, fatness, health, and the violence of policing. To live in a body both fat and Black is to exist at the margins of a society that creates the conditions for anti-fatness as anti-Blackness. Hyper-policed by state and society, passed over for housing and jobs, and derided and misdiagnosed by medical professionals, fat Black people in the United States are subject to sociopolitically sanctioned discrimination, abuse, condescension, and trauma. Da Shaun Harrison—a fat, Black, disabled, and nonbinary trans writer—offers an incisive, fresh, and precise exploration of anti-fatness as anti-Blackness, foregrounding the state-sanctioned murders of fat Black men and trans and nonbinary masculine people in historical analysis. Policing, disenfranchisement, and invisibilizing of fat Black men and trans and nonbinary masculine people are pervasive, insidious ways that anti-fat anti-Blackness shows up in everyday life. Fat people can be legally fired in 49 states for being fat; they ’ re more likely to be houseless. Fat people die at higher rates from misdiagnosis or nontreatment; fat women are more likely to be sexually assaulted. And at the intersections of fatness, Blackness, disability, and gender, these abuses are exacerbated. Taking on desirability politics, the limitations of gender, the connection between anti-fatness and carcerality, and the incongruity of “ health ” and “ healthiness ” for the Black fat, Harrison viscerally and vividly illustrates the myriad harms of anti-fat anti-Blackness. They offer strategies for dismantling denial, unlearning the cultural programming that tells us “ fat is bad, ” and destroying the world as we know it, so the Black fat can inhabit a place not built on their subjugation.

This Interior is so Cool...The #1 girlfriend recommended day-to-day pregnancy guide: The Pregnancy Journal is the ultimate resource for any soon-to-be moms and dads. Packed with daily entries on baby's development and the most up-to-date health and nutrition advice for both mom and baby. This book is an excellent way to record and explore your personalized journey throughout your entire pregnancy so you can accurately track changes and create a wonderful keepsake journal.Reflective spaces scattered throughout so you can record your journey and remember every special moment.Includes information on each lunar month with precise details on what to expect on each specific day of your pregnancy journey. It describes baby's development, important things to keep in mind, ways for mom to stay healthy at each stage, and so much more.Features a new sleek concealed spine.Size: 6x9.Page:101.

This beautiful journal features a pregnant woman and decorative watercolor flowers on the cover. Perfect for moms-to-be as memory book, diary or for daily note taking. It can make a wonderful gift for a woman expecting a child to record all the wonderful experiences. Size at 6"x9" 110 pages White Paper, Lined Blank Cover Finish: Glossy

The Belly Book: a Nine-Month Journal for You and Your Baby

The Girlfriends' Guide to Pregnancy

A Nine Month Journal For You And Your Growing Belly, Pregnancy Planner, Pregnancy Diary, Baby Book, Pregnancy Gift, Pregnancy Milestone, Pregnancy Announcement

Such A Big Miracle

Baby On Board

My Belly Book - Journal For First Time Moms

Fire in the Belly

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of “The Belly Book: A Nine-Month Journal for You and Your Growing Belly.” Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

This stylish journal is perfect for moms-to-be as a memory book, diary or for daily note taking. It contains 110 pages to note your feelings, things to do, doctor's appointments, weight, food and water intake, cravings, notes and gratitude feelings. It can make a wonderful gift for a woman expecting a child to record all the wonderful experiences. Size at 8.5"x11" 110 pages White Paper Cover Finish: Glossy A charmingly illustrated journal that offers moms-to-be a place to document details during the amazing whirlwind of pregnancy. Capture every moment from the first reactions to being pregnant to meeting baby: 41 Weeks is a unique keepsake journal that invites expectant mothers to capture the fleeting and amusing minutiae along with the unforgettable moments. This pregnancy diary covered a variety of topics from dealing with symptoms and cravings, to baby nicknames, maternity clothes, and so much more. - Features classic and quirky prompts that help you capture the fleeting moments, the unforgettable milestones, and all of the amusing details - Includes plenty of space to record week-by-week notes as well as attach photos so you can easily track changes and progress - Divided into three sections for each trimester,41 Weeks includes entertaining illustrations and helpful charts 41 Weeks is a wonderful keepsake journal that will remind you to pause and appreciate all that is happening, while creating a snapshot of your pregnancy that is as unique as you are. It's an easy and fun way to record memories that will be cherished for many years to come-by mom and baby

Hooray you're pregnant! You must be feeling all sorts of emotions now but there's a way to analyze each feeling. You have to write them down. When you write, you're putting names into emotions and you're making them logical instead of purely emotional. Continue to write the whole time you're pregnant to remain as levelheaded as possible despite the raging hormones. Good luck on your delivery!

The Belly Book

On Being a Man

Week by WeeK Pregnancy Journal (Pregnancy Books, Pregnancy Gifts, First Time Mom Journals, Motherhood Books)

Flat Belly Diet!

Pregnancy Journal Notebook Memory Book Diary Belly Book For Moms-To-Be

Flowers On Pink Journal Notebook Memory Book Diary Belly Book For Moms-To-Be

Pregnancy Journal the Belly Book

🌱A Garden in Your Belly's colorful world helped me wake up...This book is as powerful as it is beautiful!🌱🌱Eric Carle, author of The Very Hungry Caterpillar Your belly is full of tiny creatures🌱and they love to eat! Along the river of your gut, tiny creatures move, eat, and grow. Learn more about the garden of microscopic flora growing inside the body and come on a journey that explains an important biological concept: the microbiome, the health of which affects everything in our bodies. Did you know that some foods are better for your microbiome (and you!) than others? Striking, original watercolor illustrations keep things from getting too gross. Informational back matter goes further into the science of the microbiome and reveals amazing facts about the gut.

This journal is perfect for moms-to-be as memory book, diary or for daily note taking. It can make a wonderful gift for a woman expecting twins to record all the wonderful experiences. Size at 6"x9" 110 pages White Paper, Lined Blank Cover Finish: Matte

A Journal and daily diary to record all those memorable moments in the making of your baby-from the test coming back positive to the first ultrasound. From the first kick to delivery to the first cuddle. An Organizer to keep track of everything pregnancy: practitioner visits and shopping lists, birthing plans and birth announcements, baby names and baby gifts. An All-in-One Place to write down everything you'll want to remember about the most exciting nine months of your life. This Pregnancy Journal comes with 100 pages 6 x 9 size with the most beautiful cover which compliments all Moms. I have listed everything in this journal on every page from the first time you found out you was pregnant, to the first visit to the Dr, a page to write down all your Dr's visit including visit's to the Dr after your baby is born for him/her.The first time they crawled, walked, talked and so much more. Life gets so hectic and pregnancy can also get tiring and our brain can tend to forget things so with this journal you can record every single moment for yourself while pregnant and also when your baby is born for after pregnancy. In this way you will not forget any precious moments which will give you enough time to recover from after pregnancy and enjoy your baby even more. Please feel free to leave any comments and inquiries if you need a custom made book for you thanks.

This elegant journal provides opportunity of a daily record to chronicle the unique and exciting life journey that you are passing through for the next couple of months. You may now document your ups and downs , your challenges and wins, and everything else in between. You have 110 journal pages to record your journey and your thoughts in your own words, in your own writing. The stylish design and matte finish make this journal an eye-catching keepsake. The journal is an ideal addition to your pre-birth collection, or an awesome gift for a friend or family member. Grab a copy today and have fun memorializing your unique journey! Features: 110 ruled journal pages Convenient 6" x 9" pocket size edition Matte finish cover

Unzipped

A Journal for Pregnancy and Baby's First Year

A Keepsake Record, Planner & Organizer

Track Your Path Back to Health

The Pregnancy Belly Sticker Book

From Belly to Baby

Pregnancy Log Book for First Time Moms, Baby Shower Gift Keepsake for Expecting Mothers, Record Milestones and Memories, Daily Nutrition, Doctor Appointments, Baby Diary from Bump to Baby

This open access book looks at the dramatic history of ovariotomy, an operation to remove ovarian tumours first practiced in the early nineteenth century. Bold and daring, surgeons who performed it claimed to be initiating a new era of surgery by opening the abdomen. Ovariotomy soon occupied a complex position within medicine and society, as an operation which symbolised surgical progress, while also remaining at the boundaries of ethical acceptability. This book traces the operation’s innovation, from its roots in eighteenth-century pathology, through the denouncement of those who performed it as ‘belly-rippers’, to its rapid uptake in the 1880s, when ovariotomists were accused of over-operating. Throughout the century, the operation was never a hair’s breadth from controversy.

Bellies come in all shapes and sizes: baby bellies, grown-up bellies, animal bellies. Some bellies are soft. Some bellies are firm. Round or flat, all bellies deserve a happy pat.

The Belly Book: A Nine-Month Journal for You and Your Baby

Celebrate the ups and downs of your pregnancy with this interactive journal, which invites you to record in detail this most extraordinary period of your life. With annotated prompts for you to fill in for each week of your pregnancy, storage wallets and sealable envelopes for keeping precious momentos, and photo spaces for you to capture the changing shape of your body, this journal will be a life-long keepsake of all your special memories. Each chapter offers guidance on what to expect, notes on your baby's development during each trimester, and reminders on what you need to be planning, thinking about and preparing for. Whether you are a first-time mother or want to commemorate a new addition to the family, Alison Mackonochie (author of the award-winning Emma's Diary) ensures that you will be comfortable every step of the way.

Wheat Belly Journal

Yes Day!

My Pregnancy Journal

From Pea to Pumpkin

100 Opinions You Can Trust on the Belly Book

Wheat Belly

Pregnancy Journal, a Pregnancy Prayer Journal and Memory Book for Expecting Moms

This stylish journal is perfect for moms-to-be as a memory book, diary or for daily note taking. It contains 110 pages to note your feelings, things to do, doctor's appointments, weight, food and water intake, cravings, notes and gratitude feelings. It can make a wonderful gift for a woman expecting a child to record all the wonderful experiences. Size at 8.5"x11" 110 pages White Paper Cover Finish: Matte My Pregnancy Planner Your pregnancy story is a special one. Document your most precious moments from this season of life in this elegant keepsake journal and memory book. This is the perfect planner for recording your pregnancy journey and will help you to track all the special moments of this journey by keeping notes and writing your emotions step by step.Keeping a pregnancy diary is a great way to keep the most delicate and precious memories of this stage of life. Attractive and memorable gift and to track all the freaking special moments of your beautiful journey. This is the perfect planner for recording your pregnancy journey and take notes to your baby and write your emotions and all changes you live in 40 weeks, and will become a cherished keepsake for your precious bundle of joy! The journal is designed and consistent with the needs of every pregnant woman - it will help you to stay organized, do not miss important appointments, doctor visits, and record every thought, excitement, and milestone. Pages included in this book: ★ Birth Plan ★ 40-Week Pregnancy Journey ★ Doctor & Prenatal Appointment Tracker ★ Baby Shower Memories ★ Fetal Movement Tracker ★ Dear baby page ★ Weight Tracker ★ First, Second & Third Trimester Highlights ★ Baby Bump Photo Layouts ★ And much more! Book Details: ★ 8.5 x 11 Inches ★ 101 Pages This pregnancy journal is created to inspire the motherhood, and to capture the precious moments, as you can look back those cherish and incredible journey whenever you want. You can't log onto Facebook or Instagram without seeing photos of babies wearing adorable belly stickers to celebrate significant milestones (like "One month old!"), and now comes the very first book of belly stickers for moms-to-be! After the success of The Belly Sticker Book comes a brand-new book of belly stickers dedicated to pregnancy and beyond. Includes stickers that chart the pregnancy week by week, plus other fun announcements ("It's a girl!") and milestones. The book also includes stickers for the dad-to-be, grandparents, siblings, and other family members, before and after the baby is born ("Best uncle ever!"). The Pregnancy Belly Sticker Book is a great way to capture and share this joyful time for the entire family. Includes 48 belly stickers. Use the hashtags #bellystickers and #bellystickerbook for extra sharing!

PERFECT PREGNANCY ANNOUNCEMENT GIFT for a soon-to-be new grandma or grandmother - This 6" X 9" grandma pregnancy journal makes the perfect fun gift during pregnancy. It allows grandma to get even more excited about and be involved before the birth of her new grandchild. It can also make a great Christmas or birthday gift, or even a pregnancy announcement or gift after the new baby's birth! This memory journal makes a great heirloom keepsake for the new baby to have in the future, once grandma has completed it. GUIDED PROMPTS IN THE JOURNAL - This grandmother pregnancy journal allows the child to get to know his/her grandmother. It contains journal prompts to give grandma ideas of things to write about herself and her life and her thoughts for her new baby girl or boy

grandchild. For example, some prompts include "What is your best advice for your new grandchild?", "Things grandma did as a kid," "What are your hopes and dreams for your grandchild?", "Where did grandma grow up?" "Grandma's memory of the day you were born," and many more. PERSONALIZED AND INTERACTIVE - The lined pages provide you with room to write your answers to the guided prompts, which are included in the journal. There are also a few pages near the back of the book that you can personalize with your own questions. If you want, you can even paste a few photos in the book throughout. The cute gender neutral cover comes in a matte finish. QUALITY - There are 120 pages (60 sheets) in this journal. The pages are made with high-quality white paper that provides good absorbency so you can feel confident using pens or gel pens without bleed-through.

Keepsake Pregnancy Journal and Memory Book for Mom and Baby

The Ultimate Belly Book

My Belly Book

This Pregnancy Journal Is the Ultimate Journal for Every Pregnant Mom, First Time Or Not You Will Find Everything You Need about Before Birth and After in This Journal to Guide You and Make Your Pregnancy Journey Memorable

A Pregnancy Journal

Pregnancy Journal Notebook Memory Book Diary Belly Book For First Time Moms-To-Be

Growing You

A NEW YORK TIMES EDITORS' CHOICE "A strange and tender parable . . . All of Edward Carey's work is profound and delightful." —Max Porter, author of Lanny The ingenious storyteller Edward Carey returns to reimagine a time-honored fable: the story of an impatient father, a rebellious son, and a watery path to forgiveness for the young man known as Pinocchio In the small Tuscan town of Collodi, a lonely woodcarver longs for the companionship of a son. One day, "as if the wood commanded me," Giuseppe—better known as Geppetto—carves for himself a pinewood boy, a marionette he hopes to take on tour worldwide. But when his handsome new creation comes magically to life, Geppetto screams . . . and the boy, Pinocchio, leaps from his arms and escapes into the night. Though he returns the next day, the wily boy torments his father, challenging his authority and making up stories—whereupon his nose, the very nose his father carved, grows before his eyes like an antler. When the boy disappears after one last fight, the father follows a rumor to the coast and out into the sea, where he is swallowed by a great fish—and consumed by guilt. He hunkers in the creature's belly awaiting the day when he will reconcile with the son he drove away. With all the charm, atmosphere, and emotional depth for which Edward Carey is known—and featuring his trademark fantastical illustrations—The Swallowed Man is a parable of parenthood, loss, and letting go, from a creative mind on a par with Gregory Maguire, Neil Gaiman, and Tim Burton.

Your pregnancy story is a special one. Document your most precious moments from this season of life in this elegant keepsake journal and memory book. Growing You is a place to celebrate and chronicle your pregnancy journey, reflecting on the growth, anticipation, and memories that you want to hold onto as a mother. This heirloom-quality book, created by the author of the popular baby book As You Grow, is designed with a timeless look and archival paper so that you can one day pass it along to your child. Growing You includes: Space to journal your feelings and experiences about pregnancy and your birth story A section to document your prenatal appointments and growth Writing prompts to record precious milestones such as baby showers and prepping your nursery Pages to document your baby's birth day Pocket folder for sonogram photos, letters from loved ones, and other mementos And more! Special Features: Chic, gender-neutral design Elegant linen cover Acid-free and archival paper Generous trim size offers ample space for photos Lay-flat design created by a beautiful gold spiral binding allows you to easily write in the book

Unzipped: Uncle Grandpa's Magical Belly Bag Journal is a themed journal activity book featuring characters and story lines from the popular Cartoon Network television show Uncle Grandpa. 112 pages of journal space and writing activities, quizzes, games, and puzzles with awesome illustrations based on the hilarious characters of the show. At \$8.99 this journal is ideal for anyone who loves Uncle Granpa and loves to journal.

Includes a sneak peek of Undoctored—the new book from Dr. Davis! In this #1 New York Times bestseller, a renowned cardiologist explains how eliminating wheat from our diets can prevent fat storage, shrink unsightly bulges, and reverse myriad health problems. Every day, over 200 million Americans consume food products made of wheat. As a result, over 100 million of them experience some form of adverse health effect, ranging from minor rashes and high blood sugar to the unattractive stomach bulges that preventive cardiologist William Davis calls "wheat bellies." According to Davis, that excess fat has nothing to do with gluttony, sloth, or too much butter: It's due to the whole grain wraps we eat for lunch. After witnessing over 2,000 patients regain their health after giving up wheat, Davis reached the disturbing conclusion that wheat is the single largest contributor to the nationwide obesity epidemic—and its elimination is key to dramatic weight loss and optimal health. In Wheat Belly, Davis exposes the harmful effects of what is actually a product of genetic tinkering and agribusiness being sold to the American public as "wheat"—and provides readers with a user-friendly, step-by-step plan to navigate a new, wheat-free lifestyle. Informed by cutting-edge science and nutrition, along with case studies from men and women who have experienced life-changing transformations in their health after waving goodbye to wheat, Wheat Belly is an illuminating look at what is truly making Americans sick and an action plan to clear our plates of this seemingly benign ingredient.

Memory Keepsake for My Grandchild with Fun Guided Prompts, Gender Neutral Floral and Hearts

Uncle Grandpa's Magical Belly Bag Journal

Familiar Belly Book Pregnancy Journal and Pregnancy Planner and Organizer Book for Pregnant Woman Or First Time Moms Pregnancy Diary Journal with Inspiring Book for Mom and Baby Week by Week Pregnancy Book Healthy and Happy Pregnancy

Belly of the Beast

Pregnancy Journal My Belly Book

Belly Book

A Nine-Month Journal for You and Your Growing Belly

Offer advice on how to target middle-body fat stores using strategic food combinations, in a guide that also makes recommendations for reducing stress, sleeping more productively, and staying committed to a healthier lifestyle.

Showcasing a baby-to-be's growth with delightful watercolors of like-size fruits and veggies My little pea. My little sweet potato. My little pumpkin. Before a mom-to-be has even met her baby, she has an idea of the size and shape of the life growing within. This charming journal helps express that idea with gorgeous watercolor illustrations and helps preserve the memories with easy, breezy fill-in prompts. With the perfect touch of whimsy and personality, this keepsake journal helps capture those few months of pregnancy—moments full of promise—that are worth cherishing forever. The journal also includes a ribbon bookmark for easy place-keeping.

A gorgeous 9-month journal for a mother-to-be.

This Pregnancy Planner journal is the perfect planner for expecting moms. Record all your activities from doctor appointments, daily nutrition, to jotting down notes to the baby. This book will help you organize every aspect of your pregnancy. Features: birth plan, prenatal visits, meal planner, bump to baby- weekly prompts and more.

Grandma Pregnancy Journal:

My Belly Book - Pregnancy Journal For Nurses

The Countdown to Miracle!

Pregnancy Journal Twins On The Way

Meet the Microbes in Your Gut

Just Floral Journal Notebook Memory Book Diary Belly Book For First Time Moms-To-Be

In his #1 New York Times best seller, Wheat Belly, Dr. William Davis shared his provocative revelation that wheat is the single biggest contributor to our nation's obesity epidemic and a host of other medical concerns—and that eliminating wheat from our diets is key to ensuring our nation's health now and in the future. With the Wheat Belly Journal, readers now have the essential tool to help track their path to a wheat-free life and rid themselves of belly fat for good. Including wheat belly guidelines, a full week's worth of menus, and tips to maintain a wheat-free life, this beautifully designed journal gives readers all the space they need to record their favorite Wheat Belly meals and their progress as they eliminate wheat from their diets.

The Belly BookA Nine-Month Journal for You and Your Growing BellyPotter Style

Pregnancy Journal For Twins Memory Book. Notebook Diary Belly Book For Moms-To-Be (6x9, 110 Lined Pages)

A Novel

Lose the Wheat, Lose the Weight, and Find Your Path Back to Health

Pregnancy Journal

The Swallowed Man

A Garden in Your Belly