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REVIEW OF TOP 3 FAVORITE PREGNANCY BOOKS  
*Expecting Better Why The Conventional*  
Expecting Better is a fascinating and  
reassuring tour of pregnancy and childbirth,  
with data leading the way at every juncture.  
From start to finish, Oster easily leads us  
through the key findings of the extant  
pregnancy-related research.

*Expecting Better: Why the Conventional  
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What to Expect When You're Expecting meets Freakonomics: an award-winning economist disproves standard recommendations about pregnancy to empower women while they're expecting. Pregnancy—unquestionably one of the most profound, meaningful experiences of adulthood—can reduce otherwise intelligent women to, well, babies.

*Expecting Better: Why the Conventional Pregnancy Wisdom is ...*

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Wrong and What You Really Need to Know  
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Expecting Better : Why the Conventional Pregnancy Wisdom is Wrong and What You Really Need to Know. 4.32 (12,158 ratings by Goodreads) Paperback. English. By (author) Emily Oster. Share. A groundbreaking guide to pregnancy: empowers women with the facts and allows them to make their own decisions.



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Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know (The ParentData Series) [Oster, Emily] on Amazon.com. \*FREE\* shipping on qualifying offers. Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know (The

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*Expecting Better: Why the Conventional Pregnancy Wisdom Is ...*

Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know Paperback – June 24 2014  
by Emily Oster (Author) 4.6 out of 5 stars  
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" Expecting Better will be a revelation for curious mothers-to-be whose doctors fail to

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lay out the pros and cons of that morning latte, let alone discuss real science. And it makes for valuable homework before those harried ob-gyn appointments, even for lucky patients whose doctors are able to talk about the rationale behind their advice."

*Expecting Better: Why the Conventional Pregnancy Wisdom Is ...*

Expecting Better is both enlightening and calming. It almost makes me want to get pregnant." <u>Charles Wheelan, New York Times bestselling author of Naked Statistics:</u>  
"Expecting Better is a fascinating and

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reassuring tour of pregnancy and childbirth, with data leading the way at every juncture. From start to finish, Oster easily leads us through the key findings of the extant pregnancy-related research.

*Expecting Better: Why the Conventional Pregnancy Wisdom Is ...*

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that my wife and I had three children without the benefit of this insightful approach.

*Expecting Better by Emily Oster | Waterstones*  
\*Newly Revised for 2019\* What to Expect When You're Expecting meets Freakonomics: an award-winning economist disproves standard recommendations about pregnancy to empower women while they're expecting. From the author of Cribsheet, a data-driven decision making guide to the early years of parenting Pregnancy—unquestionably one of the most profound, meaningful experiences...

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“Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way.” –Amy Schumer \*Fully Revised and Updated for 2021\* What to Expect When You're Expecting meets Freakonomics: an award-winning economist disproves standard recommendations about pregnancy to empower women while they're expecting. From the

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author of Cribsheet and The Family Firm, a data-driven decision making guide to the early years of parenting

Pregnancy—unquestionably one of the most profound, meaningful experiences of adulthood—can reduce otherwise intelligent women to, well, babies. Pregnant women are told to avoid cold cuts, sushi, alcohol, and coffee without ever being told why these are forbidden. Rules for prenatal testing are similarly unexplained. Moms-to-be desperately want a resource that empowers them to make their own right choices. When award-winning economist Emily Oster was a mom-to-be

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herself, she evaluated the data behind the accepted rules of pregnancy, and discovered that most are often misguided and some are just flat-out wrong. Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, Expecting Better is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional glass of wine.

“Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the

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FREAKONOMICS meets WHAT TO EXPECT WHEN YOU'RE  
EXPECTING in this groundbreaking guidebook.  
Award-winning Emily Oster debunks myths about  
pregnancy to empower women while they're  
expecting. Pregnancy is full of rules.  
Pregnant women are often treated as if they  
were children, given long lists of items to  
avoid—alcohol, caffeine, sushi—without any  
real explanation from their doctors about  
why. They hear frightening and contradictory

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myths about everything from weight gain to sleeping on your back to bed rest from friends and pregnancy books. In EXPECTING BETTER, Oster shows that the information given to pregnant women is sometimes wrong and almost always oversimplified. When Oster was expecting her first child, she felt powerless to make the right decisions for her pregnancy so Oster drew on her own experience and went in search of the real facts about pregnancy using an economist's tools. Economics is the science of determining value and making informed decisions. To make a good decision, you need to understand the

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information available to you and to know what it means to you as an individual. EXPECTING BETTER overturns standard recommendations for alcohol, caffeine, sushi, bed rest, and induction while putting in context the blanket guidelines for fetal testing, weight gain, risks of pregnancy over the age of thirty-five, and nausea, among others. Oster offers the real-world advice one would never get at the doctor's office. Knowing that the health of your baby is paramount, readers can know more and worry less. Having the numbers is a tremendous relief-and so is the occasional glass of wine. This groundbreaking



# Read Online Expecting Better Why The Conventional Pregnancy Wisdom Is Wrong and What You Really Need To Know guidebook is as fascinating as it is practical.

The instant New York Times bestseller! “Emily Oster dives into the data on parenting issues, cuts through the clutter, and gives families the bottom line to help them make better decisions.” –Good Morning America “A targeted mini-MBA program designed to help moms and dads establish best practices for day-to-day operations.” -The Washington Post From the bestselling author of Expecting Better and Cribsheet, the next step in data driven parenting from economist Emily Oster.

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In The Family Firm, Brown professor of economics and mom of two Emily Oster offers a classic business school framework for data-driven parents to think more deliberately about the key issues of the elementary years: school, health, extracurricular activities, and more. Unlike the hourly challenges of infant parenting, the big questions in this age come up less frequently. But we live with the consequences of our decisions for much longer. What's the right kind of school and at what age should a particular kid start? How do you encourage a healthy diet? Should kids play a sport and how seriously? How do

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you think smartly about encouraging children's independence? Along with these bigger questions, Oster investigates how to navigate the complexity of day-to-day family logistics. Making these decisions is less about finding the specific answer and more about taking the right approach. Parents of this age are often still working in baby mode, which is to say, under stress and on the fly. That is a classic management problem, and Oster takes a page from her time as a business school professor at the University of Chicago to show us that thoughtful business process can help smooth

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Wrong and What You Really Need to Know  
out tough family decisions. The Family Firm is a smart and winning guide to how to think clearly--and with less ambient stress--about the key decisions of the elementary school years. Parenting is a full-time job. It's time we start treating it like one.

From the author of Expecting Better and The Family Firm, an economist's guide to the early years of parenting. "Both refreshing and useful. With so many parenting theories driving us all a bit batty, this is the type of book that we need to help calm things down." -LA Times "The book is jampacked with

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information, but it's also a delightful read because Oster is such a good writer." –NPR  
With *Expecting Better*, award-winning economist Emily Oster spotted a need in the pregnancy market for advice that gave women the information they needed to make the best decision for their own pregnancies. By digging into the data, Oster found that much of the conventional pregnancy wisdom was wrong. In *Cribsheet*, she now tackles an even greater challenge: decision-making in the early years of parenting. As any new parent knows, there is an abundance of often-conflicting advice hurled at you from

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doctors, family, friends, and strangers on the internet. From the earliest days, parents get the message that they must make certain choices around feeding, sleep, and schedule or all will be lost. There's a rule—or three—for everything. But the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths around breastfeeding (not a panacea), sleep training (not so bad!), potty training (wait until they're ready or possibly bribe with

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M&Ms), language acquisition (early talkers aren't necessarily geniuses), and many other topics. She also shows parents how to think through freighted questions like if and how to go back to work, how to think about toddler discipline, and how to have a relationship and parent at the same time. Economics is the science of decision-making, and Cribsheet is a thinking parent's guide to the chaos and frequent misinformation of the early years. Emily Oster is a trained expert—and mom of two—who can empower us to make better, less fraught decisions—and stay sane in the years before preschool.

## Read Online Expecting Better Why The Conventional Pregnancy Wisdom Is Wrong and What You Really Need To Know

Award-winning Emily Oster debunks myths about pregnancy to empower women while they're expecting. Pregnancy is full of rules.

Pregnant women are often treated as if they were children, given long lists of items to avoid—alcohol, caffeine, sushi—without any real explanation from their doctors about why. They hear frightening and contradictory myths about everything from weight gain to sleeping on your back to bed rest from friends and pregnancy books. In *EXPECTING BETTER*, Oster shows that the information given to pregnant women is sometimes wrong



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Economics is the science of determining value and making informed decisions. To make a good decision, you need to understand the information available to you and to know what it means to you as an individual. EXPECTING BETTER overturns standard recommendations for alcohol, caffeine, sushi, bed rest, and induction while putting in context the

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blanket guidelines for fetal testing, weight gain, risks of pregnancy over the age of thirty-five, and nausea, among others. Oster offers the real-world advice one would never get at the doctor's office. Knowing that the health of your baby is paramount, readers can know more and worry less. Having the numbers is a tremendous relief-and so is the occasional glass of wine. This groundbreaking guidebook is as fascinating as it is practical.

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster

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you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you."

—Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula.

Nurture covers everything from the beginning months of pregnancy to the baby's first

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Weeks. This empowering book includes:

- Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment.
- More than 40 charming and helpful illustrations, charts, and lists can be found throughout.
- Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more.

Nurture is an all-inclusive pregnancy and

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birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

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“A smart, approachable guide packed with practical advice for parents who want a science-backed, individualized approach to pregnancy.” –Linda Avey, Co-founder of 23andMe 2020 National Parenting Award Winner

Feeling overwhelmed? Confused by conflicting advice? Bumpin' will radically transform your pregnancy journey to one of confidence and optimism. With over a decade of experience advising women's healthcare and technology companies, Leslie Schrock distills cutting-edge research into your most comprehensive pregnancy guide—from conception through the

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newborn months. Based on the latest clinical evidence and practical advice from top experts, Bumpin' enables you to make the best decisions for your unique family. With a look at the science, it tackles every pregnancy FAQ and topics like the truth about cleaning up your cosmetics, nutrition, epidurals, and activity; and the practical, like putting together a baby budget and navigating work. Bumpin' also takes you all the way through the postpartum period because taking your baby home and recovering brings unexpected physical, mental, and life changes that are too often overlooked for you and your

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partner. Inside Bumpin' you'll find: -A trimester-by-trimester overview from trimester zero (conception) through the postpartum period and return to work -The truth about age and fertility and how to manage any issues that arise -Research on topics like vaccinations, breastfeeding, and exercise -The science behind your physical changes, leaks, sweats, and every other unexpected pregnancy symptom – and how to manage them to enhance your long term health -Birth preferences and preparing for unpredictable changes -The challenges of navigating parental leave and returning to



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work -Unique advice for partners -Budgeting, finance tips, baby registry, and hospital checklists Every pregnancy is unique and often unpredictable. For Leslie, this meant handling curveballs like miscarriage and later a birth that didn't go according to plan. She turned her personal journey into this book, written while she was pregnant, with the help of a wide network of experts she consulted along the way, including doulas, ob-gyns, midwives, therapists, prenatal trainers, and nutritionists. Warm, funny, and non-judgemental, Bumpin' will leave you feeling prepared and ready to

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tackle anything that comes your way. A  
portion of proceeds will be donated to Every  
Mother Counts and National Birth Equity  
Collaborative to support maternal and child  
health.

PLEASE NOTE: This is an unofficial and  
independent summary & analysis of Expecting  
Better: Why the Conventional Pregnancy Wisdom  
Is Wrong -- and What You Really Need to Know  
By Emily Oster and is meant to be read as a  
supplement to Expecting Better: Why the  
Conventional Pregnancy Wisdom Is Wrong--and  
What You Really Need to Know By Emily Oster.

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<https://www.amazon.com/dp/0143125702> WARNING:

This book has passed copyscape and is plagiarism free. False Copyright Claims will result in legal action. Pocket size version (only 4"x6"). Read entire summary and analysis in 30 minutes. Emily Oster's book, Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know By Emily Oster discusses

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Wrong and What You Really Need To Know the topics of fertility, conception, pregnancy, and delivery by drawing on scientific data to understand the myths and realities of pregnancy. Many readers use the words "pregnancy bible" to refer to Expecting Better. We shall summarize the key takeaways of each chapter and elaborate and discuss the key principles so you have a better understanding of the book. This summary will also provide actionable tidbits of pregnancy knowledge that you can use in your life right now to ensure that as you go through the various phases of pregnancy, you have a clear idea of what to expect. Quick Summaries

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Include: Summary of the original book  
Important underlying concepts from each chapter  
Actionable steps About Author Section  
Much, much more! **DISCLAIMER:** This book is intended as a companion to, not a replacement for Expecting Better by Emily Oster. Quick Summaries is wholly responsible for this content and is not associated with the original author in any way. This is an unofficial and independent summary & analysis of Expecting Better and is meant to be read as a supplement to Expecting Better. This summary & analysis was published and written by Quick Summaries. It is NOT affiliated with

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the original author in any way and it is NOT the original book. You can purchase the original book by visiting <https://www.amazon.com/dp/0143125702>.

Your guide to the emotions of pregnancy and early motherhood, from two of America's top reproductive psychiatrists. When you are pregnant, you get plenty of advice about your growing body and developing baby. Yet so much about motherhood happens in your head. What everyone really wants to know: Is this normal? -Even after months of trying, is it normal to panic after finding out you're

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pregnant? - Is it normal not to feel love at first sight for your baby? - Is it normal to fight with your parents and partner? - Is it normal to feel like a breastfeeding failure? - Is it normal to be zonked by “mommy brain?” In What No One Tells You, two of America’s top reproductive psychiatrists reassure you that the answer is yes. With thirty years of combined experience counseling new and expectant mothers, they provide a psychological and hormonal backstory to the complicated emotions that women experience, and show why it’s natural for “matrescence”—the birth of a mother—to be as

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stressful and transformative a period as  
adolescence. Here, finally, is the first-ever  
practical guide to help new mothers feel less  
guilt and more self-esteem, less isolation  
and more kinship, less resentment and more  
intimacy, less exhaustion and more pleasure,  
and learn other tips to navigate the ups and  
downs of this exciting, demanding time

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