



## Media Release

### #1 Canadian Pregnancy Resource, Fully Updated

Times have changed. From open discussions about prenatal and post-partum depression, to high-tech methods of conception, to proudly showing off that baby bump, being pregnancy circa 2011 is a whole new ball game. In an effort to reassure and empower today's pregnant woman about the ever-evolving worlds of conception, pregnancy, birth, and early motherhood, the original pregnancy bible, ***The Mother of All Pregnancy Books***, has been completely revised, expanded, and updated by renowned, best-selling author and mother of four, Ann Douglas.

Douglas helps women enjoy the rollercoaster ride that is pregnancy by providing well-researched, in-depth info as well as anecdotes and advice from real moms. From caring for yourself and your developing baby to what really to expect once that first contraction hits, all in an effort to alleviate common fears and concerns, Douglas' book is the must-have book for all Canadian pregnant women.

The most comprehensive Canadian pregnancy guide available, *The Mother of All Pregnancy Books* summarizes a vast amount of need-to-know knowledge concisely, with the author acting as a reassuring, authoritative guide. A directory of Canadian pregnancy, birth, and fertility resources, a pregnancy glossary, and emergency childbirth procedures are a few of the extras included in the resource-rich appendices.

#### What's New!:

- The interconception health trend in pregnancy planning: Why you may want to stay in pregnancy health mode in between pregnancies if you know you'll be having another baby
- The "couple-centric" approach to pregnancy: It's not *all* about her! New material on how to strengthen relationships before, during and after pregnancy
- The roles of alternative and complementary therapies, both prior to and during pregnancy: Acupressure to relieve morning sickness, hypnosis as a treatment for infertility, and light treatments to regulate menstrual cycles and increase a couple's odds of conceiving.
- The REAL birth plan: What you really need to talk to your healthcare provider about as you plan for your baby's birth
- Perinatal mood disorders: Anxiety or depression during pregnancy (in both moms-to-be and their partners) or during the postpartum period



- Surprise! Life changes: Preparing for life after baby

**About the author:**

**Ann Douglas** has been Canada's go-to pregnancy expert since the first edition of *The Mother of All Pregnancy Books* was published in 2000. She is the author of the other books in the bestselling The Mother of All® series, and is a columnist for *The Toronto Star*. Douglas appears regularly in broadcast and print media, and has led workshops and delivered keynote addresses across the country. For more info on Douglas, visit [www.anndouglas.ca](http://www.anndouglas.ca).