



# The Pregnancy Journal, 4th Edition: A Day-to-Day Guide to a Healthy and Happy Pregnancy

*A. Christine Harris*

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A new and updated edition of the bestselling pregnancy journal of all time—and #1 girlfriend recommendation—is packed with daily entries on baby's development and the most up-to-date health and nutrition advice for both mom and baby. With a slightly refreshed cover, a new sleek concealed spine, and additional space for personal reflection, this one-of-a-kind journal is the ultimate resource for today's expecting mother.

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