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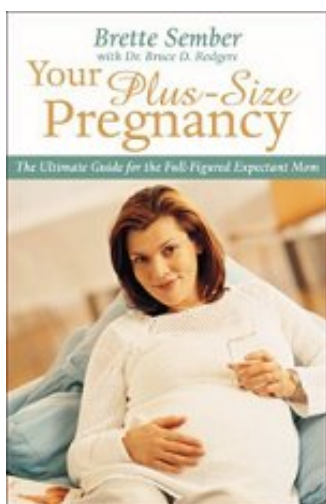
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# The only plus sized pregnancy book you will ever need!

**Sarah Toovey : 20 April 2006**



After having read many pregnancy books, all geared to the ‘regular’ sized mother, all condemning putting on weight let alone starting out as a Plus Sizer, it was a refreshing change to find such an honest approach to plus sized pregnancy when reading this book.

Brette, a former attorney, is a plus sized mother of two and this is the book that she had wanted when she was pregnant. Working with a Maternal-Fetal Medicine Specialist who is experienced in working with plus-size moms, they wrote the book that has rapidly popular and indispensable

She is an experienced writer contributing to ePregnancy print magazine and a contributing editor to amaZe magazine. She has written a childrens book, extensively about parenting and families and her work has appeared in over 140 publications. She is a member of the Association of Health Care Journalists (AH CJ) and the American Society of Journalists and Authors (ASJA) and therefore writes with some authority.

‘Your Plus Size Pregnancy’ comes in 16 chapters and 262 pages, all filled with information even the most experience mother may not know about. Chapters such as ‘Loving who you are’ and ‘Does my weight affect my pregnancy’ are aimed at plus sized women who are either considering a baby or actually having one.

I remember the battles I used to have with my inner-self about the harm I must be

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doing to my unborn child, not knowing how I could broach sensitive subjects with my health care workers during my pregnancy... how I wish I were pregnant now!

Topics discussed in a practical, heartfelt manner range from self esteem issues and accepting your pregnant developing body, the tests available, possible problems and how to deal with them and complications such as breast feeding with larger breasts and how to deal with postpartum issues, all dealt with in a sensitive yet frank way.

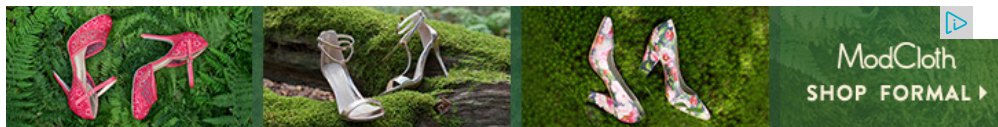
I like the way the book had little quotes from interviews with plus sized mothers who have experienced pregnancy or are at the moment going through the experience. At times hilarious, other times touching, these honest tales of the issues we, as big girls, have to deal with were powerful.

This pregnancy book will become a must have for plus size pregnant mums, a mine of information presented very well.

The book is published by Barricade Books. Brette Sembers website can be found [here](#)

You can buy the book from [Amazon UK](#) and [Amazon US](#)

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