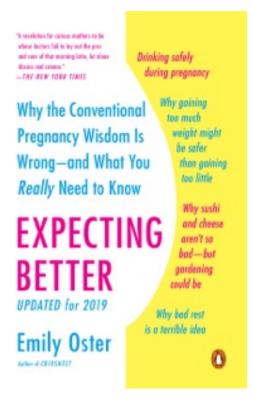# Download Expecting Better Free EBook PDF/ePub/Mobi - Emily Oster

Download or Read Online Expecting Better Emily Oster Free eBook PDF/ePub/Mobi/Mp3/Txt, *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 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 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.

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