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Besides being a practical guide to pregnancy, it's also a great resource to have handy if you need to look up information, be it on postnatal depression hotlines or breastfeeding classes or safety rules for car seats. Up the duff is just a great hand book to keep around in reaching distance while pregnant.

Up the Duff: The Real Guide to Pregnancy by Kaz Cooke

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Conception' sections).

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Your Guide to a Beautiful Pregnancy. Available in the National Library of Australia collection. Author: Cooke, Kaz, Up the duff : the real guide to pregnancy / Kaz Cooke Viking Camberwell, Vic 2009. Up the Duff: the real guide to pregnancy [Kaz Cooke] on Amazon.com. *FREE* shipping on qualifying offers.

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Up the duff : the real guide to pregnancy (Book, 1999 ...

Up the Duff is a light-hearted read (the diary sections) that make you laugh as you nod your head in agreement knowing you are going through the same types of things. At the same time, it also has the medical advice (without the medical jargon) so you know what to look out for and speak to your Dr about if you have any concerns.

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