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## Annabel Karmel's Complete First Year Planner

By Annabel Karmel

Random House. Book Condition: New. 2003. Hardcover. Divided into easy-to-find sections for pregnancy, 0-3 months, 4-6 months, 7-9 months and 10-12 months, this book provides your optimum diet for pregnancy and ensures a healthy, happy, stress-free first year for you and your baby. It features: planners; advice on feeding and superb recipes; information on the practicalities; and more. Num Pages: 272 pages, four-colour illustrations and photographs throughout. BIC Classification: VFXB. Category: (G) General (US: Trade). Dimension: 244 x 243 x 27. Weight in Grams: 1218. .... Books ship from the US and Ireland.



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### Reviews

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*This book will not be effortless to start on reading through but very exciting to learn. It is amongst the most remarkable book i have got go through. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Dr. Easton Collier DVM**