



# **When the Belly Button Pops, the Baby's Done: A Month-by-Month Guide to Surviving (and Loving) Your Pregnancy**

*Lorilee Craker*

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# When the Belly Button Pops, the Baby's Done: A Month-by-Month Guide to Surviving (and Loving) Your Pregnancy

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**“This is your brain... This is your brain on progesterone!”**

Have the hormones of pregnancy pushed you slightly over the edge? Here's permission to give in and have a few belly laughs as a mother of two and a panel of experienced moms revel in the humorous side of pregnancy. This warm and funny month-by-month guide contains serious wisdom for pregnant moms looking to have a joyful pregnancy.

Reassuring and helpful for both body and soul, Lorilee and her Pregnant Pals address the whole mother—as only good friends can—with sidebars, checklists, quotables, and down-to-earth help such as:

- Tips on conquering nausea, narcolepsy, and general nuttiness
- How to panic-proof your pregnancy
- Good food and good exercise for great pregnant bods
- Chic, no-tents-allowed fashion tips
- Survival strategies for labor day

Serving up spiritual encouragement for the whole nine months, this is the essential pregnancy book for Christian moms!

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