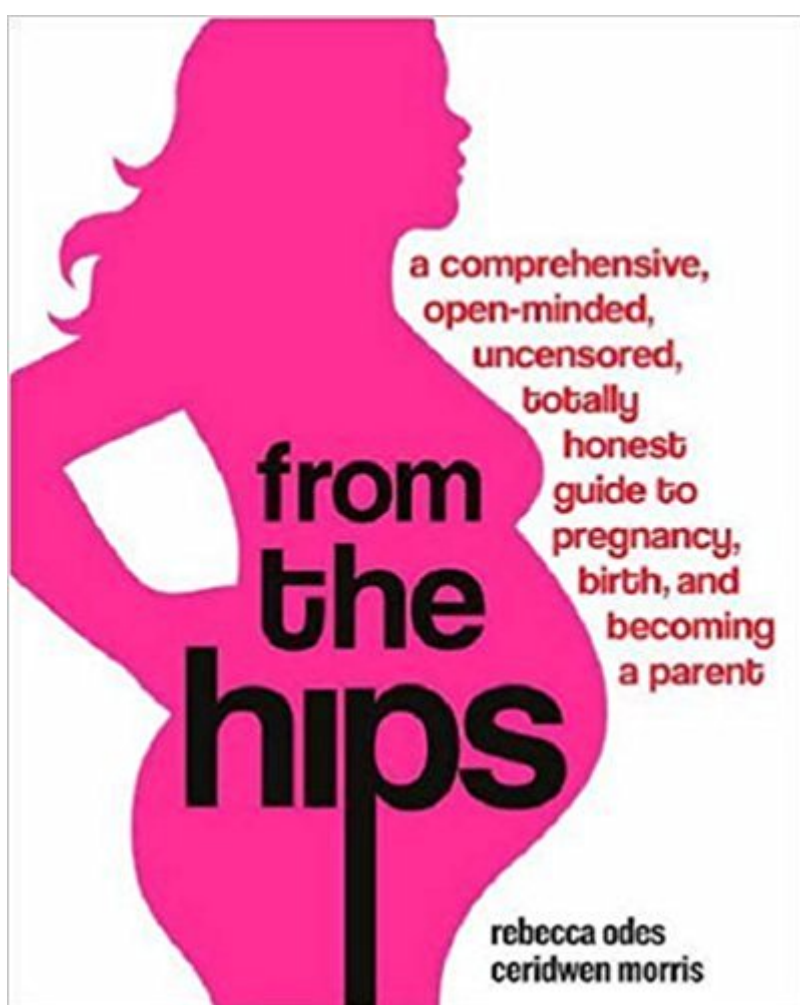


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# From The Hips: A Comprehensive, Open-Minded, Uncensored, Totally Honest Guide To Pregnancy, Birth, And Becoming A Parent



## Synopsis

Drawing on the experiences of hundreds of real parents and the expertise of doctors, midwives and other birth and baby pros, this indispensable resource is filled with the most accurate and up-to-date information about having and caring for a baby, including: **Decisions, Decisions:**A judgment-free breakdown of every major choice, including prenatal testing, natural vs. medical childbirth, circumcision, breast or bottle feeding, and work/life options **The Endless No:**What not to eat, take, and do when you're pregnant-get the real facts behind the prohibitions **I Want My Life Back:**Anxiety, regret, ambivalence, and other rarely discussed postpartum emotions **Parents and partners:**A look beyond the one-size-fits-all approach to family, with strategies for minimizing perfect-parent pressure and managing your real-life relationships through the changes **Sorting Through the Voices:**A user-friendly guide to the dueling gurus, trendy techniques, and conflicting theories that confuse new parents A forward-thinking book that includes a wide range of voices and approaches, *From the Hips* reflects the many ways of being pregnant and parenting without suggesting that there is one right way.

## Book Information

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## Customer Reviews

Neither Odes nor Morris is a doctor, but as eager authors and recent mothers themselves, they aim, in this chick-friendly guide, to dish out Internet-accessible information and you-go-girl supportive advice. Their approach is to consider the authorities with a mere grain of salt, while seeking a supportive environment in which to nurture one's pregnancy and child-rearing. And while sorting

through the opinions along the way, from choosing a health-care provider, coping with loss, birthing strategies, breastfeeding and sex, and baby-care basics, among other topics, the authors provide on most pages plentiful belly-shaped bubbles containing lively quotes from "anonymoms." Hear the mothers from the trenches express what they really feel, from one mom who enthuses, "The belly— I loved everything about it, and it makes people— strangers, even— feel enthralled with you") to the sadly modern refrain of another, "Sometimes I bury myself in work so I don't feel the sadness, fatigue and stress of having the baby waiting for me at home." The authors' are upbeat and well informed, and their useful back-of-the-book references address sensitive specific needs such as adoption and surrogacy, teen and older parents, and breastfeeding controversies. (May) Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

— "Incredibly important reading for anyone about to have a baby— |From the Hips gives— you what you need to make informed decisions, shares experiences from— other parents that will make you laugh, and reveals many of the— secrets our mothers didn't tell us.— •— Rosalind Wiseman, author of Queen Bee Moms and Wannabe Dads— "What every new parent needs— a ton of expert advice, presented with humor and zero negativity, from two— moms who instantly feel like your best friends. This is the one pregnancy guide that new parents will actually want to read."— •— Leslie Morgan Steiner, editor of Mommy Wars and The Washington Post's online work/family column, — "On Balance— •— "From The Hips is a deeply refreshing, honest look at the profound changes we undergo during pregnancy and beyond. Ceridwen and Rebecca unabashedly go into areas that other guides shy away from, offering support to every kind of prospective mother. Being pregnant and having a child is alternately the most beautiful, complex, difficult, rewarding experience a woman can imagine. This book gives it straight and from all sides, without judgment, and with irreverent humor and candor from its authors.— •— Gwyneth Paltrow— "Supportive, positive, real, and rarely preachy— |Finally a reference guide for parents that treats us like we have brains.— •— Bust MagazineThe honest talk about epidurals and C-sections, including anonymous quotes from moms, is must-read info for anyone planning a hospital birth. In fact, the book is full of frank advice about most of today's biggest hurdles for pregnant women, from going back to work to breastfeeding in public... At every step, it addresses not just what you'll be going through physically, but what you and your partner might be addressing emotionally, too. Cheers to this realistic take on the lifestyle change that is pregnancy and

This is a unique book about pregnancy- almost the whole thing is quotes from women who have had a variety of experiences. This makes it more honest and less clinical than most books. Some of the quotes may rub you the wrong way or seem like they don't apply to you but it's so interesting to realize what a range of experiences there is with regards to pregnancy and birth. It reminds you that what you're going through- even if it seems tough or extreme- is normal and you are not alone. Reading this sometimes felt like joining a conversation. I don't think this book is comprehensive enough to be your only resource for pregnancy- I recommend getting a more medical guidebook to answer things like medication questions. I also recommend getting a book or using a website that sends you weekly updates, telling you about fetal development for your particular stage- that stuff is so interesting and not covered by this book. Also, this book doesn't have any photos and its graphics are a little pink/girly for me but I still enjoyed it and it would make a great gift to someone early in their pregnancy. It has some great content about physical recovery after birth - stuff that few other books get into.

I found the format of the book annoying to read with all of the separate bubbles of quotes from people. I found the content to be judgmental, for example, all but one of the quotes on birth plans are against birth plans. At least have an even discussion on these types of topics instead of very clearly trying to sway someone to one side or another. Pregnant women get enough judgment for their every decision as it is. A much better book to read is the Big Book of Birth or the Birth Partner (though intended for significant others and doulas, I found quite a bit of helpful information in it).

The best thing about this book is how comprehensive it is! This book starts with your positive pregnancy test and ends with daily baby care. There are also numerous quotes from "anonymoms" throughout the book, which really bring to light what ACTUAL moms think and feel about the various topics covered. Another great attribute of this book, written by two moms, is the amount of reference material they provide! For example, in the long section regarding breast feeding the authors breakdown the many aspects of breast feeding and supply you with other references if you would like to learn about a specific topic. This I found great, because maybe I don't want to know more about a specific topic NOW, but LATER I might want to refer back to this book when I am in desperate need of help!! I would HIGHLY RECOMMEND this book.

I felt that this book was just ok. Although it does contain a lot of helpful information, I felt that at times it was repetitive and dragged on. It also is full of quotes from other women, that were somewhat helpful, but also distracting. I often found myself skimming large sections and in the end didn't finish the book as I felt that starting other books related to childbirth would be more helpful.

This book seems to be targeted at younger moms and first-time moms. It has all your basic information in it, and LOTS (to the point of over-kill) graphics to highlight and compare certain things. This book has an air about it; one that says here's what we know, or might know, and you make your own decision based on it. So if you are looking for a more medical approach, this isn't it. It's more of a "hey here's some stuff we know about pregnancy and birth, but no pressure, just do what you want." A casual pregnancy book. ha ha.

Wonderfully non-judgmental and has lots of good information. However, however, like 99% of books being marketed to pregnant (or hoping to be pregnant) women it has chunks of BS sprinkled throughout its pages. Read a lot of books. Also, this book has enormous font and 2/3s of the space is taken up by quote bubbles from random people. They can act as reassurances to know that you're not alone, but I'm the sort that wants a direct IV of knowledge into my bloodstream. More information!

I bought this book at the recommendation of my midwife when I was about 5 months pregnant, and I wish I had bought it at the very beginning of my pregnancy! My old OB/GYN had given me the old standby "What to Expect When You Are Expecting", but I feel like this book would have been better for several reasons:- the first-hand quotes from pregnant women on various subjects were more relatable than the straight textbook style of many pregnancy books- the magazine style format was easy to read and I never felt bored reading this book- this book approaches the odd/embarrassing side of pregnancy with greater candor and humor; things like sex, hemorrhoids and leaking breasts are discussed not just from an anatomical or medical perspective, but also from an emotional and personal perspective. As a first-time mom, I found this very supportive and reassuring.- in all, I felt like this book was the experienced best friend I always wanted to get me through my pregnancy.

We're planning to start our family in a year or so. That said, I've been reading books to prep and educate myself on the subject. I'm concerned due to health reasons, I may be high risk, so it's really helpful to me to read about being pregnant. I'm really glad we got this book. It's very entertaining. It

is not the most medical book we bought, it's more like talking to a friend. I think my favorite thing about this book is the anonymom and anonydaddy submissions. I love them. It's great to read other people's stories. I really like it. I haven't finished the book yet, but I wanted to make sure I remember to write the review. This book should definitely be in every mom and dad to be's collection.

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