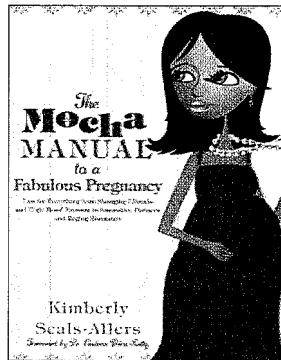


BOOK CASE

The Mocha Manual to a Fabulous Pregnancy

(HarperCollins, \$15)

By Kimberly Seals Allers



This is the survival guide that every expectant mother needs. Far from sugar-coating pregnancy with a bunch of euphemisms about “the miracle of life,” the *MM* gives it to you straight, like only a mother could. It offers tips on handling many of the less glamorous aspects of motherhood: morning sickness, stretch marks, gas, and hemorrhoids, among other things. Whether you agree with most of the advice, one thing’s certain: you’ll gain a better understanding of what you’ll be dealing with when and if you decide to bake a bun in your oven.