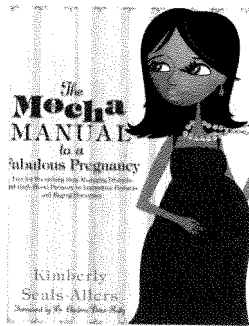


THE MOCHA MANUAL TO A FABULOUS PREGNANCY

By Kimberly Seals-Allers

There's no greater division in sisterhood than that between those who have given birth and those who haven't. The life-altering experience is as unique as each expectant mother is. So the often-shared details of pain, pushing and postpartum need not stress the uninitiated, advises



veteran journalist and mother of two Kimberly Seals-Allers, author of *The Mocha Manual to a Fabulous Pregnancy* (Amistad, \$14.95). The *Manual's* trimester-by-trimester forecasts and insights into this slow and deliberate body snatching make having a baby a more informed choice.

—S.A. Fuller