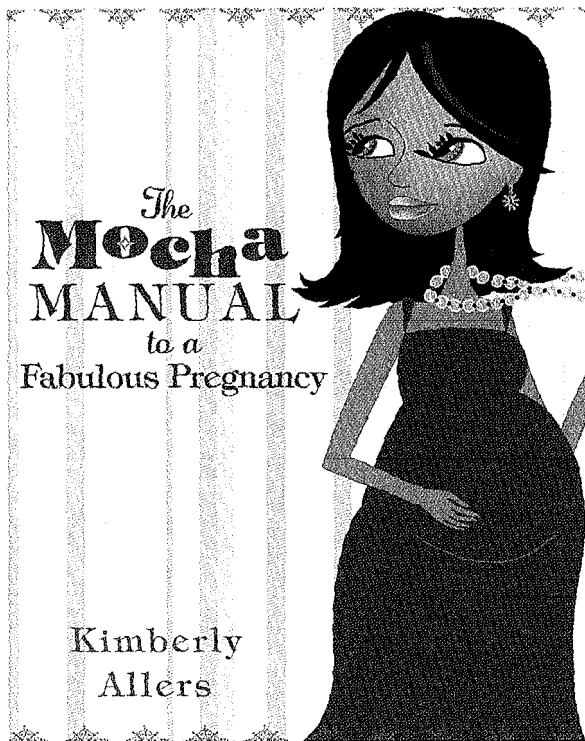


Winter reads

Reviewed by Amber Efé, Jessica Pipkins,
Daina Richie & Jennifer L. Williams

Instructional

UPTOWN |



In *The Mocha Manual to a Fabulous Pregnancy* (HarperCollins), Kimberly Seals Allers provides insight for mothers-to-be and women considering motherhood on almost all aspects of pregnancy. Not only do medical experts dispel long time pregnancy rumors, but women are also advised on the “seven medical conditions that more commonly affect black women and what to do during pregnancy.”