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Descargar libro en línea PDF epub mobi Español Què s'ha de fer abans d'estar esperant Heidi Murkoff , Volen concebre? Planifiquin-se

Tot el que necessiten saber per preparar-se per a un embaràs i un nadó tan sans com sigui possible. Descobreixin trucs pràctics, estratègies efectives i consells plens d'empatia dissenyats per ajudar-los a buscar el nadó dels seus somnis amb major rapidesa. Aprenguin com posar-se en forma per a la concepció, quins aliments afavoreixen la fertilitat, quins hàbits haurien d'abandonar i quins haurien de cultivar, com enfocar el sexe per aconseguir la concepció (des de l'hora fins a la postura i els preparatius) i quan cal buscar ajuda per concebre. El llibre inclou un pla de fertilitat perquè puguin portar un diari de la seva aventura conceptiva.

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