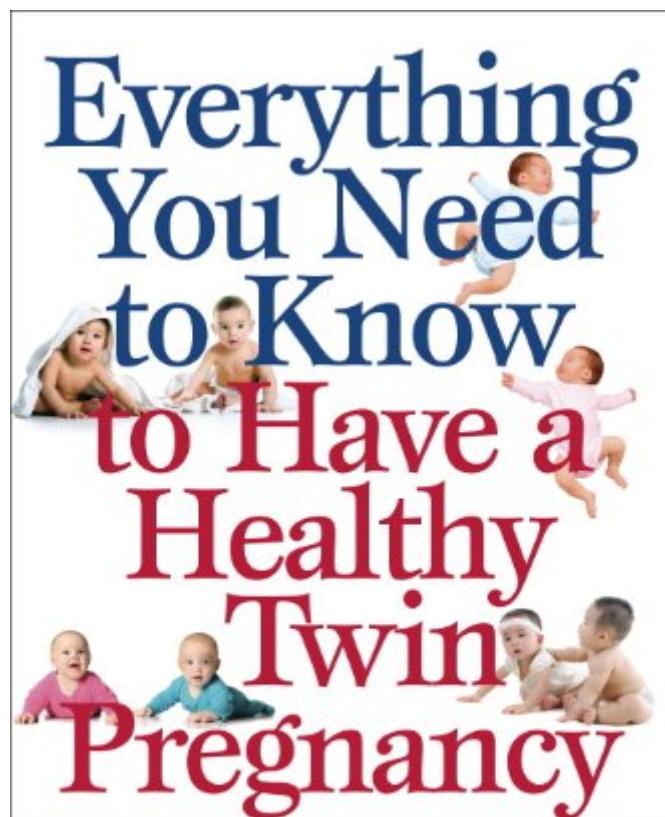


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# **Everything You Need To Know To Have A Healthy Twin Pregnancy: From Pregnancy Through Labor And Delivery . . . A Doctor's Step-by-Step Guide For Parents For Twins, Triplets, Quads, And More!**



**Gila Leiter, M.D.,**  
with Rachel Kranz



## Synopsis

Twins...triplets...quads...finally! The book that answers all your questions about multiple birth--written by a doctor who is a mother of twins herselfOver ten years ago when Dr. Gila Leiter, herself an OB/GYN, was pregnant with twins, the book she desperately needed wasn't available. Now it is: Everything You Need to Know to Have a Healthy Twin Pregnancy. Taking you step-by-step through the processes of pregnancy and birth, Dr. Leiter shares her professional and personal expertise, providing answers to all your questions, plus practical know-how, psychological support, and extensive resources for this most joyous--and overwhelming--experience, whether you're having two babies...or four! Learn: The latest in fertility treatments and reproductive technology, and the probable outcomeWhat to expect, trimester by trimesterConcrete suggestions for working through your hopes, fears, and fantasiesWho should seek genetic counselingHow to avoid preterm labor and premature delivery--and what to do if it's unavoidableRecommended vitamins and minerals--plus do's and don'tsAll about medications: what you can take, can't take, must takeWhat you should know if you're going to have a C-sectionSpecific ideas for nurturing yourself and reducing stressThe birthing process and what to expect in the delivery roomTwelve questions to ask the doctor you're considering choosing for your pediatricianWhat it's like to bring babies home--and what you'll need to manage your new familyAnd much more

## Book Information

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## Customer Reviews

I bought several books on twins. This one was not worth the extra money, as I could have EASILY gotten the exact same information from two other books that covered ALL the topics included in this book, but which were written in a more accessible and positive way. The first was: When You're Expecting Twins, Triplets, or Quads, Revised Edition by Barbara LukeÃ ª When You're Expecting Twins, Triplets, or Quads, Revised Edition: Proven Guidelines for a Healthy Multiple PregnancyÃ ª and Twinspiration: Real-Life Advice From Pregnancy Through the First Year by Cheryl Lage.Ã ª Twinspiration: Real-Life Advice From Pregnancy Through the First Year (for Parents of Twins and Multiples). I would also recommend "What to expect when you're expecting"Ã ª What to Expect When You're Expecting: 4th Edition. That book has a great readability and pretty comprehensive information overall about pregnancy in general. I would say between these four books, the book by Dr. Leiter (everything you need to know to have a healthy...) is beyond redundant information. The thing I disliked most about Dr. Leiter's book was that it was so sterile and medically based that it came off very negative. All the books had the same information about possible complications and so on, but her presentation made it seem like pregnancy was going to be all gloom and doom with nothing but hurdles to jump and that hoping to have a normal healthy pregnancy was really unrealistic. It also lacked practical advice and real world advice. Every time a little case story was offered about a woman's pregnancy it was negative and showcased how worried the mother was or how something she did lead to complications. This is important information, but it isn't offered in a way that allows for the reader to feel like the problem is actually rare or avoidable. I feel that I spent a bit of time reading this book and felt more worried about my pregnancy afterwards than before, even though I don't have any complications and my babies are doing really well. I guess my point is, I can worry plenty on my own, and I'd rather stick to books that offer the same information about problems in risks in a way that is more neutral. You can get every bit of information in this book in the other books. If you are looking for a medically based book for information, "When you're expecting twins..." By Dr. Luke above is a friendlier read and has the SAME information offered with alternatives, not just doom. It also offers lots more information specific to Multiple pregnancies, lots of nutrition advice, and was written with both positive stories

from patients as well as potholes some women in her practice faced. But after the negative, Dr. Luke would go into how realistic that problem might be for the reader and how it might be avoided. It was far more balanced and positive to read. I also thought that "Twinspirations" written by a mom, was a fun book to read and had LOTS of practical advice as well as family situations, things her husband thought about, things I would have never thought of myself, and I actually laughed several times with the author at things she wrote about. This was a very positive and helpful book. This was the book I asked my husband to read, because it was most readable and practical and fun. It also brought up a lot of family issues, like finances, handling the household work, child care, and practical life/household situations that a medical style informational book doesn't usually even touch upon. Really, there's nothing really that bad about "Everything you need to know..." but there are just other books that do the same thing FAR better. I know I planned on buying several books and I could have left this one out.

I agree with all the complaints I have read here, this is my very FIRST review I have ever written on any product and I have been using for years. I wish I would have read reviews before I purchased the book, I normally do however I was in a hurry and wanting something asap when I found out I was having twins. This book is all about the author and her own experience and about everything that can go wrong. It does not have healthy beneficial advice or outlooks on having a happy ending. I hope that more people will write a review, I am actually so upset about what I did read that I intend to try to contact the author.

I must say that I was hoping for more detail on some of aspects of the book. While I do appreciate the section on IVF, since I did IVF myself, I would have preferred more focus on what to expect as the months go by in addition to what you should expect overall per trimester. Bottom line, I know that it will be hard to find a book that meets ALL of my particular needs or desires as I go through my pregnancy. I will say this much, it's exciting and my husband and I are truly blessed that we are having twins!

I found this book to be very informative, however, at one point my husband told me to stop reading it because it was making me upset. It really put a lot of fear into me and I found myself constantly worrying about all of the things that could happen. It would have been nice if it wasn't so over-medicalized. She would use a lot of "doctor talk" and I wished she would have written on a more personal level, since she is a mother of twins and has experienced this all herself. It did give a lot of

useful information and I dont regret buying it

This book freaked me out about all the things that could go wrong!

Dr. Leiter offers great professional and personal insights into twin pregnancy. Her medical information is just enough and easy to comprehend for the curious layperson. Though you'll learn what can go wrong, she keeps the focus on the positive and offers encouraging examples from patients and her own experience. This book is great to read with Twinspiration, which focuses more on what happens after you bring them home from the hospital.

After the initial shock that we would have not one, but two babies, this book became my best friend. It gave me tons of practical information on types of twinning and what to expect during my pregnancy. In fact, my doctor was even impressed at the specific questions I was able to ask based on the knowledge from this book. I would highly recommend the book to anyone expecting two or more. It's easy to read and is loaded with useful information.

Good read, in general.

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