

Complete Guide To Taking Care Of A Baby | 2ef9551a94453789c42acde8a7b3e591

Sex Matters for Women Stages of Senior Care: Your Step-by-Step Guide to Making the Best Decisions Focus on the Family Complete Guide to Caring for Aging Loved Ones Dr. Pitcairn's New Complete Guide to Natural Health for Dogs and Cats Take Care Of Yourself, 5th Edition Holistic Dental Care Martha Stewart's Homekeeping Handbook Complete Guide to Respiratory Care in Athletes Pool Care for Dummies An Essential Guide for Scoliosis and a Healthy Pregnancy Take Care Of Yourself 7E The Foot Book When Cancer Hits Taking Care of Mom and Dad Complete Guide to Self-Care Take Care of Yourself, 10th Edition Complete Cat Care Taking Care of Yourself (HBR Working Parents Series) Caregiver's Handbook The Complete Guide to Chakras and Auras With a Special Focus on the Third Eye ASPCA Complete Guide to Cats Taking Care of Your Girls Sex Matters for Women Taking Care of Your Child, Ninth Edition Pool Care Betta Care Take Care of Your People Budgies Gerbils The Complete Book of Christian Parenting and Child Care The Bunny Lover's Complete Guide to House Rabbits Leopard Gecko Care The Ultimate Guide to Horse Health & Care Taking Care The More or Less Definitive Guide to Self-Care The ASPCA Complete Guide to Pet Care The Book of the Bitch Obsessive-compulsive Disorders The Complete Guide to Organic Lawn Care The Perennial Care Manual

The Foot Book is an all-inclusive resource for everyone suffering from foot and ankle disorders, as well as physicians and other medical personnel who care for them. Who doesn't wish to share his or her home with a cage full of "Furry Mongolian Friends" aka gerbils!? Author Susan Anastasi certainly does! She describes these irresistible critters as "quiet, clean, friendly, curious, active, and easy-to-please." In deciding whether the gerbil is for you, Anastasi offers this advice: "If you are looking for a seemingly limitless cache of cuteness; from their long, fanning whiskers and large almond-shaped eyes to their bunnylike hind legs and tufted tail tips; then gerbils are for you!" Clearly bitten by the gerbil bug, the author begins by providing some basic natural history about gerbils, their origins on the Mongolian range, and an overview of their behaviors. Anastasi defends her favorite pocket pet and asserts that the gentle gerbil does not deserve its Latin name (*Meriones unguiculatus*), which translates as "clawed warrior." Filled with terrific color photographs, *Gerbils* summarizes the basic needs of these adorable rodents, specifically addressing their housing requirements, the cost and commitment involved, and their interactions with children and other pets. The following are devoted to purchasing a healthy gerbil from a pet shop, hobby breeder, or shelter; introducing the gerbil to the home; housing and feeding; taming and handling the pet gerbil; health considerations and potential household hazards; breeding and raising the young; and exhibiting gerbils at shows. The discussion on housing covers the selection of the ideal enclosure, basic housing setup, accessories, safety, and a guide to cleaning the tank. The chapter "Taming and Handling Your Gerbils" offers a step-by-step socialization process to acclimate the gerbil to its new handler and surroundings plus instructions for handling the gerbil and discouraging nipping. All keepers will be interested in the chapter on keeping gerbils healthy through smart preventative care; topics covered include allergies; broken limbs and head injury; teeth, tail, and ear problems; dehydration; diarrhea; heat stroke; hypothermia; mites, and more. Gerbil enthusiasts who are looking to become gerbil midwives will find complete instructions for breeding and raising pups (baby gerbils) in the chapter about reproduction. It covers planning a litter, setting up a breeding tank, mating, caring for the pregnant mom, birthing, fostering, growth cycles, weaning, handling pups, and more. The chapter "Fun with Gerbils" offers ideas for games, art projects, photographing, and training gerbils to do seven fun tricks. Resources include lists of publications, clubs, organizations, and websites. Glossary of terms and index

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included. Combining professional expertise with the author's signature style, a comprehensive home care handbook takes readers step by step through the upkeep of every room in the house, covering everything from removing stains to replacing a window pane, and furnishes valuable advice on how to make a home safe and comfortable and how to maintain it properly. 500,000 first printing. When Cancer Hits is your complete guide to navigating all the changes you'll experience between the doctor's office and everyday living. Whether your future includes surgery, radiation, or chemotherapy, you'll need to know how to best manage your side effects, stress, and home recovery and how to sustain positive energy during treatment and beyond. This total child care book offers Christian-centered, medically authoritative advice on every aspect of parenting, from choosing an obstetrician to disciplining teenagers. As parents of eight children, William and Martha Sears draw on thirty years of practical and professional experience, resulting in a valuable reference book no family should be without. This is the perfect guide to take care of cats and kittens at home. Whether you are a new cat parent or already have a feline companion at home, Complete Cat Care is ideal for all your cat needs. From making your home cat-proof and welcoming for your furry friend to essential equipment you need at home, this book covers it all. From grooming, bathing, and feeding your cat to dealing with behavioral problems, get all the advice from Complete Cat Care. Know how to spot early signs of a disease and find out about common cat disorders. This comprehensive yet accessible book will explain how to take care of a sick or an elderly cat. Also, learn how to administer basic first aid to treat your cat at home and find out what to do in case of an emergency. The book also provides information about breeding and how to care for a new mother and her kittens. Complete Cat Care will help you keep your cat healthy at every stage of its life. A revised edition of the classic self-care guide, with new research on aging. "Every family should have this book" (Annals of Internal Medicine). Continuing to break new ground after forty years in print, Take Care of Yourself is the go-to guide for at home self-care. Simple to use, even in a crisis, the easy-to-navigate flowcharts help you quickly look up your symptoms and find an explanation of likely causes and possible home remedies, as well as advice on when you should go see a doctor. This comprehensive guide covers emergencies, over 175 healthcare concerns, the twenty things you should keep in a home pharmacy, and how to work best with your doctor. This new edition explains the latest research on how to postpone aging and what you can do to prevent chronic illness and stay in your best shape as you age. With new information on the Zika virus, prescription pain relievers, and other pertinent updates throughout, Take Care of Yourself remains your path to the most comprehensive and dependable self-care. On a scorching summer day, a dive in the swimming pool is a comfortable respite from the searing heat. The crystal blue water not only relaxes your mind but the coolness of the water also revitalizes your senses. As every good thing comes with a price, likewise the serenity and the heaven-like perfection of a pool only exist if you take care of your pool well. Often, performing all the maintenance drudgeries, the blessing of owning a swimming pool may seem more of a burden. However, once you are done, you will get a beautiful pool ready for diving as the reward of your hard work. Actually, pool maintenance is all about the water. You only need to improve the quality of water and maintain cleanliness to make your pool more inviting. The most important part is to understand the aspects that make your pool water ideal for swimming and safe. Measuring the components is done in parts per million (ppm). Poorly maintained pools cause several health issues for the divers. Infections can be prevented by killing the viruses and the harmful bacteria residing in the unhealthy pool water. Skin, hair, sunscreen and other contaminants should be removed. You must also control algae growth since microorganisms can cause various types of infections, even affecting the central nervous system. Human, birds, animals and the environment can all introduce pathogens into the water. For this, the water must be treated or else it may lead to even fatal health complications. Don't worry. You can easily turn your pool

into a refreshing and safe oasis by following the guidelines mentioned in this book. It offers:

- * Description of different types of backyard pools
- * Quick assessment to help you choose your type of pool
- * States the importance of having a well-balanced pool
- * List of requirements for balancing the pool water
- * Steps to maintain your swimming pool properly

On a scorching summer day, a dive in the swimming pool is a comfortable respite from the searing heat. The crystal blue water not only relaxes your mind but the coolness of the water also revitalizes your senses. As every good thing comes with a price, likewise the serenity and the heaven-like perfection of a pool only exist if you take care of your pool well. Often, performing all the maintenance drudgeries, the blessing of owning a swimming pool may seem more of a burden. However, once you are done, you will get a beautiful pool ready for diving as the reward of your hard work. Actually, pool maintenance is all about the water. You only need to improve the quality of water and maintain cleanliness to make your pool more inviting. The most important part is to understand the aspects that make your pool water ideal for swimming and safe. Measuring the components is done in parts per million (ppm). Poorly maintained pools cause several health issues for the divers. Infections can be prevented by killing the viruses and the harmful bacteria residing in the unhealthy pool water. Skin, hair, sunscreen and other contaminants should be removed. You must also control algae growth since microorganisms can cause various types of infections, even affecting the central nervous system. Human, birds, animals and the environment can all introduce pathogens into the water. For this, the water must be treated or else it may lead to even fatal health complications. Don't worry. You can easily turn your pool into a refreshing and safe oasis by following the guidelines mentioned in this book. It offers:

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Offers support to caregivers of the elderly, covering everything from understanding the physical and mental changes of aging to handling finances, making medical decisions, getting help, and dealing with end-of-life issues.

The real facts about your "girls" and how to take care of them "Well, all my friends think they will never have breasts"and it's not funny"because a lot of girls feel this way."

"Elena, 13 "I went up two sizes over summer break! I started seventh grade with a "C" cup. Then my breasts got weird pink stripes on the side. What happened?"

"Veronica, 12 Girls are as anxious and confused about their breasts as ever. That's why Marisa Weiss, M.D., an oncologist and breast health specialist, and her teenage daughter, Isabel, decided to create Taking Care of Your "Girls." Together, they polled more than three thousand girls and their moms and came up with a surprisingly huge list of worries and misconceptions. Based on their research, you'll get answers to questions like: " How do I know when I need to get my first bra"and what kind should I get? " Do big breasts have a higher risk of breast cancer than small ones? " How do I get rid of stretch marks? " When will my breasts stop growing? " How do I examine my own breasts? " Will the size of my breasts even out? "

Do tanning, antiperspirants, wearing a bra at night, and talking on a cell phone cause breast cancer? A groundbreaking book for both mothers and daughters, Taking Care of Your "Girls" is a practical guide to breast care and a girl-to-girl conversation about the feelings and emotions that come with the territory. "This all-in-one, indispensable breast health guide captures exactly what teen girls and their moms really need: practical, easy-to-read, great advice. It's one of the best gifts you can give to your girl."

"Harvey Karp, M.D., F.A.A.P., author of The Happiest Toddler on the Block, board member of Healthy Child, Healthy World

Betta Care: The Complete Guide to Caring for and Keeping Betta as Pet Fish The Betta (scientifically known as Osphronemidae) is a large genus of freshwater ray-finned fish - there are over 73 species in the genus! The most popular species of betta is commonly known as the Siamese fighting fish. Bettas are native to Thailand but have been introduced to nearly every continent of the world due to their popularity. Bettas are aggressive and territorial fish. It is considered best practice

to not keep two male bettas in the same tank as they are likely to fight. Bettas come in a wide range of colorations but it is most common to find bettas that are colored in dark reds and blues. Overall bettas are surprisingly hardy and adaptable for such small fish and therefore make a great beginner fish! Here at Fish Care Manuals we are passionate about fish care. As a brand we have a strong idea of what makes up a good fish care book. We have consulted with multiple experts in the field of fish caring to allow us to create a book filled with cumulative opinions and best practices. The experts we consult range from veterinarians to every day fish keepers who have had years of experience caring for the specific fish each book is on. Our aim, and mission, is to produce the best possible fish care books that are a great value for money. Tags: BETTA, BETTA care, BETTA fish, BETTA fish care, BETTA pet, BETTA pet care, BETTA pet fish, BETTA aquarium, aquarium, fresh water, fresh, water, salt water, salt, tropical fish, tropical fish care, tropical pet fish, exotic, tropical, exotic fish, exotic fish care, exotic pet fish, aquarium maintenance, aquarium how to, best aquarium, fish food, BETTA care guide, BETTA care manual, how to look after BETTA, best practice to care for BETTA, fish care for beginners, Offers advice on how to choose the most effective therapies and medications, and how to avoid relapses. Keep your perennial beds looking their best, season after season. From planning and planting to pruning and propagating, this comprehensive guide covers everything you need to know to maintain a stunning perennial garden. Nancy J. Ondra provides an in-depth, plant-by-plant guide that profiles 125 popular perennials, with helpful information on each plant's soil, light, and water needs. Ondra's expertise and passion for gardening, along with Rob Cardillo's breathtaking photography, will inspire you to create a garden of your dreams that will last a lifetime. This comprehensive & easy to use resource has been compiled by 17 home care franchises from around the country. They have decades of experience in helping families navigate the confusing and sometimes disheartening path of changing roles, from child to caregiver of ones parents. Some of the most common challenges these families face are addressed, with practical insights and encouragement. Are chronic diseases such as diabetes, cardiovascular problems, and joint pains troubling you? Are anxiety, depression, and anger and other such emotions bringing you and your performance down? Are you constantly on medications for digestion and respiratory issues? If you answer "yes" to any of the above questions, you are probably suffering from an imbalance of energy in your subtle, non-physical body. So, what is the subtle body? In many spiritual traditions, the subtle body is the sacred or the immortal body. It never dies and when the physical body dies, your subtle body merges into the universe. It comprises of the intelligence, mind and ego, aspects that control the human physical body. The terms "aura" and "chakras" refer to parts of your subtle plane of existence. These are usually seen by the mind's eye and not your physical eyes. Disturbances in your auric field or imbalances in the flow of energy through the chakras manifests as physical, mental, and emotional disorders in the physical world. Mostly, when people fail to heal their physical bodies with modern medicine, the only solution is to turn towards healing the non-physical subtle body. Just by working on balancing your chakras and your energy field called aura you will notice that your chronic disorders are much under control, your emotions are much balanced, and you are spiritually more connected to the universe and your Higher Power. Don't wait until you fall ill to begin taking care of your chakras and aura. Take action now and start learning about chakras and the subtle body. This comprehensive guide is perfect to get you started on this journey. It will help you learn about what are chakras, what the 7 main chakras are, and how to strengthen your aura and radiate strong, positive and healthy energy by opening or balancing your chakras. You will also find a chakra test here that will help you find out which of your chakras is imbalanced. There is also an exclusive section on the third eye for people interested in awakening it and promoting their intuitive and psychic abilities. A comprehensive guide to natural, do-it-yourself oral care, Holistic Dental Care introduces simple, at-home dental procedures that anyone can do. Highlighted with fifty-three

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full-color photos and illustrations, this book offers dental self-care strategies and practices that get to the core of the problems in our mouths--preventing issues from taking root and gently restoring dental health. Based on a "whole body approach" to oral care, Holistic Dental Care addresses the limits of the traditional approach that treats only the symptoms and not the source of body imbalances. Taking readers on a tour of the ecology of the mouth, dental health expert and author Nadine Artemis describes the physiology of the teeth and the sources of bacteria and decay. Revealing the truth about the artificial chemicals in many toothpastes and mouthwashes, Artemis also discusses the harmful effects of mercury fillings and the much safer ceramic filling options that are available. Covering topics that include healthy nutrition, oral care for children, and the benefits of botanical substances and plant extracts for maintaining oral health, Artemis introduces a comprehensive eight-step self-dentistry protocol that offers an effective way to prevent decay, illness, acidic saliva, plaque build-up, gum bleeding, inflammation, and more. Guidelines for seeking health care, as well as flow-charts to aid in the home diagnosis of many common health complaints, and the level of action which the patient needs to take. Find solutions to the most common problems faced by novice horse owners. Keeping your horse at home can be as wonderful and idyllic as it sounds, but there are also a lot of things which need to be taken into consideration to make sure you and your horse's new home are ready. This book will guide you through some of the potential pitfalls, providing a simple and easily digestible overview of basic at-home horse health and care. With more than thirty years of experience, horse owner, trainer, and caretaker Lainey Cullen-McConkey offers expert insight on topics such as creating and maintaining a safe living environment for your horse, the basic rules of feeding and care, and invaluable advice on what to do if something goes wrong. Other helpful topics include: What to know before you bring home your horse Basic anatomy and systems of the horse Healthcare and monitoring Maintenance of property and pastures Suggestions on what to do if your horse is injured or ill And so much more! The Ultimate Guide to Horse Health & Care covers everything you need to know and do both before and after bringing your horse home. Have you taken time for yourself today? Too many working parents focus solely on those around them--their families, their work, and a never-ending list of other commitments--only to lose sight of what they need themselves. But neglecting your own needs and wants can prevent you from being happy, healthy, and productive. Taking Care of Yourself provides expert advice to help you identify what you value most at work and at home, make choices that align with those values, and be the best version of yourself for your job and for your family. You'll learn to: Prioritize the tasks that are most meaningful to you--and let go of the rest Deal with complex feelings, including parental guilt and perfectionism Carve out time for self-care, including friends, hobbies, exercise, and sleep Communicate your needs to your boss and your family Feel more present, both at work and at home The HBR Working Parents Series provides support as you anticipate challenges, learn how to advocate for yourself more effectively, juggle your impossible schedule, and find fulfillment at home and at work. Whether you're up with a newborn or planning the future with your teen, you'll find the practical tips, strategies, and research you need to make working parenthood work for you. Your lawn is a representative of you and your home -- it shows your neighbors and visitors how much time and effort you are willing to put into keeping your home looking good. But, in these fragile times, many people also want to ensure their lawn care does not endanger the environment or any of the pets or children that might play on that lawn. Organic lawn care is becoming much more prevalent for many home owners, but knowing how to effectively plant a grow a lawn, keep weeds away and kill bugs without using chemicals and unnatural law products can be complicated and downright confusing in many cases. This book was written with these things in mind, guiding every lawn care enthusiast through the steps needed to continue caring for a lawn without letting the concerns that develop because of unnatural products overwhelm you or your lawn. The keys to organic lawn care, starting with

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how to create a low maintenance lawn are laid out in great detail in this book, providing the essential details you need to enjoy your yard while not endangering the environment, your pets, or your children. You will learn how to keep your lawn healthy with the right soil, seed, sod, and feeding without using any chemically enhanced products and how you can start caring for your lawn by mowing, watering, fertilizing, edging, and trimming with organic fertilizers and tools. Finally, learn how to change your existing lawn so that it is both environmentally sound and just as beautiful as it has always been. The final step in the process will show you how to deal with pests, disease and weeds in your lawn organically. Lawn experts in every field have been interviewed for this book and their advice has been included to provide specific, top tips for organic lawn care. Anyone looking to maintain their lawn and stay eco-conscious need look no further than this book. Atlantic Publishing is a small, independent publishing company based in Ocala, Florida. Founded over twenty years ago in the company president's garage, Atlantic Publishing has grown to become a renowned resource for non-fiction books. Today, over 450 titles are in print covering subjects such as small business, healthy living, management, finance, careers, and real estate. Atlantic Publishing prides itself on producing award winning, high-quality manuals that give readers up-to-date, pertinent information, real-world examples, and case studies with expert advice. Every book has resources, contact information, and web sites of the products or companies discussed.

A budgie, as the common parakeet is typically called, is the subject of this Complete Care Made Easy pet guide that presents new and experienced bird keepers with insight into every aspect of selecting, caring for, and maintaining well-behaved happy pet birds. Angela Davids has written an ideal introductory pet guide, with chapters on the characteristics of the irresistible budgie, the history of budgies in the wild, selection of a healthy, typical pet bird, housing and care, feeding, training, and health care. The selection chapter offers potential owners excellent advice about selection of the color and sex, suitability of the delicate budgie with families, children, and other pets. In the chapter on housing and care, the author discusses selection of the right cage, placement of the cage, and the purchase of toys, cups, perches, and more. A bird's diet is critical to its ongoing health, and the chapter devoted to feeding the budgie gives the reader all the info he or she needs about choosing the best diet, different types of seeds, greens, fruits, veggies, grit, as well as human foods to avoid. The chapter "Training Time" addresses finger training, towel training, perch training, and offers an easy-to-follow primer on teaching a budgie to talk. The final two chapters of the book will be useful for bird fanciers interested in learning more about the breeding and the basic color variations and genetics of this perfect beginner's bird. The book concludes with an appendix of bird societies, a glossary of terms, and a complete index.

Take Care of Yourself is the world's best-selling health guide, and the only one that has been found to help reduce visits to the doctor. It is easy to use, even in a crisis. Simply look up a symptom and you will find a complete explanation of likely causes and how you might relieve that problem at home. Diagrams help you recognize problems and, in many cases, treat them quickly and easily. Easy-to-follow decision charts tell you exactly when to see a doctor. Take Care of Yourself also covers emergencies, how to avoid health problems, what to keep in a home pharmacy, and how to work best with your doctor. The Complete Guide to Self-Care features 100 accessible activities that help you reconnect with your body, mind, spirit, and surroundings, and leave you feeling refreshed and ready to face the world again. Caring for yourself is far from selfish and self-care is far from a new phenomenon, but it's recently been in the popular vernacular. With screens, work emails on our phones, notifications, and poor boundaries between ourselves and the world around us, taking time and making space for ourselves has become more and more important. Therapy, caring for plants, making your favorite dish—these are all little ways to reclaim parts of yourself that you've lost track of in the daily hustle of life. With encouraging reminders, inspiring thoughts, easy wins, and practical advice, The Complete Guide to Self-

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Care helps you identify your needs so you can relax, refuel, and find calm in your hectic life. This book tells you why mindset is key, how to nourish instead of punish yourself, how to exercise and sleep, and why it is important to go slow sometimes. You live your whole life being you, so why not be your own best friend? The Complete Guide to Self-Care is a book for people who need to relax, chill out, or recenter. You'll learn how to achieve this by: Setting an effective and fruitful sleep schedule Creating exercise routines and not feeling bad about falling off the bike Saying no to things you don't want to do (and things that maybe you do but don't have space for) Reading, writing, art, music, and all forms of expression that water our soul Setting aside time that is only for you, no one else, no exceptions Watering yourself and giving yourself proper nutrients In the tumults of our hectic world and your busy life, if you're working toward being emotionally available and hungry for stability, a happier and healthier you is within your grasp. Complete Guide to Respiratory Care in Athletes introduces the respiratory system and its function during exercise. It considers the main respiratory conditions affecting athletes and delivers practical advice for the management of respiratory issues in athletic populations. With contributions from leading international experts, the book discusses fundamental scientific principles and provides pragmatic "hands-on" clinical guidance to enable practical application. Each chapter includes useful pedagogical features such as case studies and guides for carrying out assessments. The book covers wide a range of topics, including: respiratory system function during exercise impact of the environment on the upper and lower airways asthma related issues in athletes allergic rhinitis in athletes exercise induced laryngeal obstruction exercise induced dysfunctional breathing patterns respiratory muscle training role of screening for respiratory issues in athletes assessing and dealing with respiratory infections in athletes. This text is key reading for both newly qualified and established medical, scientific and therapy practitioners who are working with athletes with respiratory issues. It is also a valuable resource for students of sports medicine, sports therapy, and sport and exercise science courses. Leopard Gecko Care: The Complete Guide to Caring for and Keeping Leopard Geckos as Pets Here at Pet Care Professionals we are passionate about pet care. As a brand we have a strong idea of what makes up a good pet care book. We consult with multiple experts in each animals field to allow us to create a book filled with cumulative opinions and best practices. The experts we consult range from veterinarians to every day pet keepers who have had years of experience caring for the specific animal each book is on. Our aim, and mission, is to produce the best possible pet care books that are a great value for money. This care manual will instruct you on the best practices for caring for a Leopard Gecko as a pet. The leopard gecko (scientifically known as *Eublepharis macularius*) is a crepuscular ground-dwelling lizard. Unlike the majority of other gecko species, the leopard gecko possesses moveable eyelids which gives the gecko an anthropomorphic quality. The specie's extraordinary set of eyelids is the basis for the scientific name. *Eublepharis* is a combination of the Greek words *Eu*, meaning 'good,' and *Blephar*, meaning 'eyelid.' The name *Macularius* is derived from the Latin word *Macula* which translates to 'spot' or 'blemish' which is in obvious reference to the animal's spotted markings. They are naturally found in the deserts of Asia, Pakistan and northern India. Tags: Leopard Gecko, Leopard, Gecko, Vivarium, Leopard Gecko pet, Gecko Pet, Leopard gecko care, Gecko care, Leopard gecko feeding, Gecko feeding, Manual, keeper, Gecko morph, Gecko pet guide, pet guide, pet, lizard pet, lizard care, lizard manual A reference guide to common ailments affecting domestic canines and felines features recipes for healthier food, sources of herbal and homeopathic supplies, environmental issues and solutions, and emergency care information. A complete guide to caring for bitches for the experienced breeder and the novice bitch owner Addresses the needs of the home caregiver, offering guidance and emotional support, and including basic nursing procedures, advice on equipment, and hygiene tips Some days you need a pick-me-up, some days you need a life preserver. "For most of us," writes Anna Borges, "self-care is a wide spectrum of decisions and

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actions that soothe and fortify us against all the shit we deal with. You may already practice some form of self-care, whether it's taking an extra-long shower after a stressful day, splurging on a ~fancy~ dinner, or choosing Netflix over that friend-of-a-friend's birthday party. But when life gets so overwhelming that you want to stay in bed, some more radical care is crucial to maintain your sanity. The More or Less Definitive Guide to Self-Care is here to help you exist in the world. Borges gathers over 200 tips, activities, and stories (from experts and everyday people alike) into an A-to-Z list—from asking for help and burning negative thoughts to the importance of touch and catching some Zzz's. Make any day a little more OK with new skills in your self-care toolkit—and energy to show up for yourself.

A guide to help women understand how their bodies work and to take charge of their sexuality, discussing anatomy, body image, trauma, overcoming difficulties, and related topics. A USA Today BESTSELLER! "Informative. Complete. And practical. This book will guide family caregivers through the surprisingly complex world of senior care." —MEHMET OZ, M.D., New York Times bestselling coauthor of YOU: The Owner's Manual: The Complete All-in-One Care Guide

Choosing the best care for your aging parents and other seniors in your life is not only complex, with multiple options available, it's also highly personal and often emotional. This essential resource—written by the founders of Home Instead Senior Care, the world's largest provider of nonmedical care for seniors—guides you through a comprehensive range of things to consider, step by step, so you can make better informed decisions and be confident that the senior in your life is receiving the best care possible. Checklists and diagnostics will help you: Decide if at-home care is the right choice for you and your loved ones Evaluate the pros and cons of retirement communities, adult care centers, nonmedical caregivers, assisted living facilities, nursing homes, and hospice Determine the costs of senior care options and find helpful support networks "This is not just another book about caring for aging parents. It's a great reference you'll use again and again. Stages doesn't shy away from the hard questions. Rather, it shows you how to confront them."—SUZANNE MINTZ, President/CEO, National Family Caregivers Association

"Recognizing that there is no one-size-fits-all solution, this salient volume compassionately addresses a full range of hard-to-discuss subjects."--PUBLISHERS WEEKLY

All of the authors' profits from the sale of this book will be donated to the Home Instead Senior Care Foundation. Paul and Lori Hogan founded Home Instead Senior Care in 1994. Now with 850 offices in 15 countries, Home Instead is recognized as a global leader and authority on senior care. Visit them at www.stagesofseniorcare.com.

The bestselling indispensable resource for parents and caregivers, covering more than 175 common symptoms and health care problems, to raise a healthy, happy child For more than forty years, Taking Care of Your Child has been the go-to resource for parents and caregivers. It offers the most recent information on critical childcare issues, from what to do in the event of a minor injury to everyday issues such as common allergies and ailments. Covering everything from birth to infancy and toddlerhood, to first concerns, growth and development, and the most common injuries and concerns through adolescence, Taking Care of Your Child is easy to use, even in a crisis: you can simply look up a symptom to find a complete explanation of probable causes, how to treat the problem at home, and when to see a doctor. With the very latest on ADHD, autism, breast-feeding, childhood depression and obesity, discipline, immunizations, and more, the book also features sections on youth sports and head trauma, genetic screening, and minimizing risks of medical procedures.

Covers all aspects of cat physiology and care, discusses the different breeds of cats, and offers practical advice on grooming, feeding, raising kittens, and dealing with health problems

A guide to animal well-being includes health maintenance tips for traditional and exotic pets.

Complete, easy-to-follow guide for managing your scoliosis during pregnancy! "An Essential Guide for Scoliosis and a Healthy Pregnancy" is a month-by-month guide on covering everything you need to know about taking care of your spine and your baby. The book supports your feelings and empathizes with you throughout your amazing journey

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towards delivering a healthy baby. By reading, you gain: - In-depth and up-to-date information on scoliosis and how it can affect your pregnancy. Week-by-week information on what to expect during your pregnancy. - Information that is suitable for all types of post-operative scoliosis cases and those that, to date, have not yet been operated on. - Clear, compassionate and comprehensive answers to the common questions about scoliosis and pregnancy. - Crucial decision making tools decisions for important issues including epidurals, birthing procedures, changes to the spine due to hormones, and more to protect your baby. - Tips to help you minimize unnecessary weight gain and keep your nutrient intake high. - The latest nutritional research that debunks pregnancy food myths and uncovers a number of surprising superfood choices. - Expert advice on staying fit and eating right during each trimester of pregnancy. Self-care tips for side effects including nausea and back pain. - Fun, fast, and safe scoliosis exercises during the month of pregnancy and postpartum. Tips for strengthening your pelvic floor, easing back pain, and losing belly fat postpartum. - Relaxation tips to reduce pain and increase your comfort. This book provides answers and expert advice for pregnant women suffering from scoliosis. Full of information to cope with the physical and emotional upheavals of pregnancy during scoliosis. From conception to birth and beyond, this guide will hold your hand until you become a happy and proud mother of a healthy newborn baby. A guide to help women understand how their bodies work and to take charge of their sexuality, discussing anatomy, body image, trauma, overcoming difficulties, and related topics.

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