



## **Doris Knecht, Silke Schmidt** **Pregnant and Loving It**

48 pages

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There are heaps of books out there offering advice on how to enjoy a responsible, reasonable and all-round healthy pregnancy. Full of tips on what to avoid and what precautions to take, these guides pay scant attention to things that matter just as much: like making sure your mood is positive, avoiding anxiety and enjoying life to the full. Simply getting away. Reading in peace while you still can. Being lazy. Chilling out. Columnist Doris Knecht comes up with some refreshingly original and witty advice and Silke Schmidts wonderfully bright illustrations make this little book the best guide to a cheerful pregnancy.

### **Doris Knecht**

Doris Knecht was born in Austria in 1966 and lives in Vienna. She has written for both Austrian and Swiss newspapers. She has twin daughters.

### **Silke Schmidt**

Silke Schmidt, born in 1973, works as an artist and freelance illustrator and lives with her husband and two daughters in the Uckermark region. Her previous books Beautiful: Pregnant and loving it! My pregnancy diary and Beautiful: My Baby. A diary for baby's first year are outstanding gift albums that capture the magic of pregnancy and baby's first year and are long-selling hits with Kunstmann.

## **Other titles of the author**

Beautiful! Pregnant and loving it 978-3-88897-597-4

Beautiful: My Baby. 978-3-88897-918-7

It's me! 978-3-88897-980-4