

Your High Risk Pregnancy: A Practical and Supportive Guide

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Thirty percent of all pregnancies today are designated high-risk, unlike years ago when this book was first released. This core of this book was originally released in 1987 under the title, "Getting Pregnant and Staying Pregnant: A Guide to High-Risk Pregnancies," which was a pioneer of its time. Now, more than twenty years later, the book has been updated. Raab, now a full-time writer and nurse, has joined forces with world-renowned Dr. Errol Norwitz, from Yale School of Medicine to provide a straightforward and compassionate guide to managing difficult pregnancies. Raab is a journaling advocate, so the book is interspersed with journaling prompts so women can write about their own experience. Raab shares her own in the book's Introduction. Raab was on bedrest with all three of her children who are now in their twenties. The authors instill confidence and maximize good-decision making. "High-risk is not synonymous with bad outcome....But a high-risk designation does mean that you need to be more vigilant....Knowledge is power," says Dr. Errol Norwitz, in the book's foreword.