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From the author of the highly successful book Positive Pregnancy Fitness comes a loving and gentle guide that tells parents exactly what they should do when their

### **Links & recommended reading | pregnancy & birth**

Positive Pregnancy Fitness: A Guide to a Comfortable Pregnancy and Easier Birth through Exercise and Relaxation - Sylvia Klein Olkin; Breastfeeding.

### **Sylvia Klein Olkin (author of Positive Parenting Fitness)**

Sylvia Klein Olkin is the author of Positive Parenting Fitness (1.00 avg rating, 1 rating, 0 reviews, published 1992), Sylvia Klein Olkin's Followers.

### **Healthy tips on getting my body ready for**

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