Fully Revised and Updated for 2025

Why the Conventional Pregnancy Wisdom Is Wrong—and What You *Really* Need to Know

Expecting Better

EMILY OSTER

New York Times bestselling author of *Cribsheet*

Drinking safely during pregnancy

Why gaining too much weight might be safer than gaining too little

Why sushi and cheese aren't so bad—but gardening could be

Why bed rest is a terrible idea

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