



## The Mocha Manual to a Fabulous Pregnancy

*Kimberly Seals-Allers*

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# **The Mocha Manual to a Fabulous Pregnancy**

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## **The Mocha Manual to a Fabulous Pregnancy** Kimberly Seals-Allers

*The Girlfriends' Guide to Pregnancy meets What to Expect When You're Expecting for today's professional black woman*

*The Mocha Manual to a Fabulous Pregnancy* is a straight-talking handbook to pregnancy with contributions by doctors and personal stories from black women and celebrity moms.

Kimberly Seals-Allers offers candid advice on specific health concerns affecting black women such as high blood pressure, sickle cell disease, diabetes, and low birth weight, as well as information about how to get your finances in order, how to cope with embarrassing pigmentation and hair texture changes, single-parenting, maternity fashion, how to deal with demanding jobs and hormone-induced meltdowns.

Hip, funny, and refreshingly frank, this book is a must-have for all mothers-to-be.

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