

Table for Two

author: Elizabeth Newborne

2026-06

Synopsis

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inLanguage	english

Is having a healthy pregnancy your priority? Then keep reading....

You're expecting your bundle of joy, and you want to make sure you're giving your baby the best possible start, and there is so much information out there. Where do you begin?

From a qualified nutritionist and a mother of three, this book will give you peace of mind that you're doing everything you can to make sure your baby is born healthy.

Table for Two is a modern guide to a healthy pregnancy. The author will be right next to you all through your pregnancy. She shares heartfelt advice and encouraging words, busts the many myths of pregnancy, gives you an in-depth nutrition plan, and shares tips, tricks, and secrets to ensure a healthy pregnancy for you and your baby.

But that's not all. When you listen to *Table for Two*, you will discover:

- Meditation techniques used by celebrities such as Jessica Alba, which will have you describe giving birth as "zen".
- How to have an unbreakable and positive mindset to deal with any obstacles and challenges that come your way, such as stress and anxiety.
- The stages your baby goes through as they develop - from a lump of cells to a bouncing boy or girl
- The perfect menu for two: what you can and cannot eat and how to deal with any strange cravings
- How to transition into postpartum like a champ

If you want to ensure a healthy pregnancy for you and your little one, then you should listen to this audiobook!

PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

Reader's comments

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