



# Healthy Mom, Healthy Baby (A March of Dimes Book): The Ultimate Pregnancy Guide

*Siobhan Dolan, Alice Lesch Kelly*

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*Healthy Mom, Healthy Baby* is the ultimate pregnancy guide. Authors Siobhan Dolan, M.D., and Alice Lesch Kelly offer clear, friendly, authoritative, and essential advice, based on the latest research and findings, empowering mothers-to-be and new moms with more information and positive steps than have even been available before to ensure both a healthy pregnancy and a healthy, happy newborn.

Supported and sponsored by the March of Dimes—one of America's largest, most widely recognized non-profit organizations and the country's #1 most trusted source of health information for parents, according to a 2011 Gallup Poll—*Healthy Mom, Healthy Baby* is a must-read for all mothers-to-be.

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