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# Twinspiration: Real-Life Advice From Pregnancy Through The First Year (for Parents Of Twins And Multiples)



## Synopsis

A hybrid of prescriptive "how-to" guidebook and intimate diary, *Twinspiration* recounts with unabashed personal detail the tribulations and triumphs of a twin pregnancy and first year of life with twins. Incorporating a conversational, humorous tone throughout, Cheryl Lage provides a double dose of user-friendly suggestions, real-life advice, and heartfelt empathy.

## Book Information

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## Customer Reviews

My wife and I found out we were expecting twins late in the game... at nearly 20 weeks along. We were both shocked! After reading many of the reviews of different twin books, I blindly selected this one to give my wife as a gift for Xmas. I opened it and started skimming the pages before wrapping it... but three days later, ended up finishing the entire book! Now, my wife is wondering why I've gained confidence in knowing the items we'd need to buy, and how to respond to people who say "Double Trouble" or ask, "Do twins run in your family?"--'No, but they do now!'. She wonders why I suddenly flipped on the idea of getting a food processor to make our own baby food, and our parents have admired and are amazed my sudden knowledge of raising twins and what to expect in the first year. Some of my burning questions that were helped by this book are... get two cribs from day one? How much clothing to buy? How many diapers to expect? What to expect during the first year? What kind of stroller? How to deal with the soon to be annoying comments and questions from strangers (if you've heard "double trouble" enough to explode, just wait until your twins are born.) Fathers-to-be, the humor in this book will keep you reading -- I liked how the medical stuff was

embedded, though. There's even a chapter on intimacy and what to realistically expect. Throughout the chapters, there is a "daddy perspective" that I liked reading, and although the book is probably aimed more towards moms, you'll impress your wife! This book does not cover the deep scientific nature of twins (e.g., twin language), the birthing process (just read the message boards for data on that...

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