



The Bump Class: An Expert Guide to Pregnancy, Birth and Beyond

By Marina Fogle, Chiara Hunt

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"This is one of the best books I have read on the subject" *The Sun*

"Fresh, witty and reassuringly down-to-earth" *You Magazine*

Fed up with advice that did not take into account a less than perfect pregnancy, Dr Chiara Hunt and Marina Fogle set up their pregnancy course, The Bump Class, in London in 2013. They wanted to help prepare new mothers thoroughly for the birth of their babies and instil in them the joy and happiness of birth, no matter what the method, time or setting of the labour.

This book is a pragmatic and honest look at pregnancy, giving pregnant women and new mothers sensible and practical advice on what is to be expected (as well as the often unexpected!) in a friendly and open manner. Chiara and Marina believe that there is no such thing as a “normal” pregnancy or birth – every woman is different and that should be celebrated, not ignored.

The Bump Class is filled with charming illustrations, impartial advice, style tips and hilarious anecdotes from both of the authors, as well as personal stories from the women who have been welcomed onto their course. This book will provide every pregnant woman with the support and reassurance that is so essential at the most crucial time in any woman’s life.

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Bibliography

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Brenda Seddon:

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Antoinette Lefebvre:

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