



Big, Beautiful, and Pregnant: Expert Advice and Comforting Wisdom for the Expecting Plus-Size Woman

By Cornelia van der Ziel, Jacqueline Tourville

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Almost half of all pregnant women are overweight in the U.S. today, but there are few places they can turn for reliable information and helpful advice on the special set of challenges they'll face during the nine-month adventure that lies ahead. In *Big, Beautiful and Pregnant*, Cornelia van der Ziel, a highly sought-after obstetrician who specializes in plus-size pregnancies, and Jacqueline Tourville, a plus-size mom who's lived the experience, offer a warm, witty, medically-sound guide for overweight women who want the skinny on what to expect from pregnancy and childbirth. They answer all the questions pregnant moms may have, including: Is my pregnancy doomed to be difficult because I'm overweight? How can I find a sympathetic doctor? Am I destined for a c-section because of my extra pounds? Are there special medical risks to my unborn child? Where can I find maternity clothes in extra-large sizes? A unique combination of impeccable medical advice, fun, and down-to-earth charm, *Big, Beautiful and Pregnant* provides plus-size pregnant women with information, inspiration, a sense of sisterhood, and reassurance that they can have a healthy and happy pregnancy.

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Editorial Review

About the Author

Cornelia van der Ziel, M.D., is a highly sought-after obstetrician in private practice who specializes in plus-size and high-risk pregnancy. Currently a professor of obstetrics and gynecology at Harvard Medical School, she lives in Boston.

Jacqueline Tourville is a childbirth professional who gives plus-size seminars at hospitals, schools, birthing centers, and numerous other venues. A plus-size woman herself, Tourville lived the big, beautiful and pregnant experience and gave birth to a healthy baby girl in 2002. She lives with her family in New Hampshire.

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