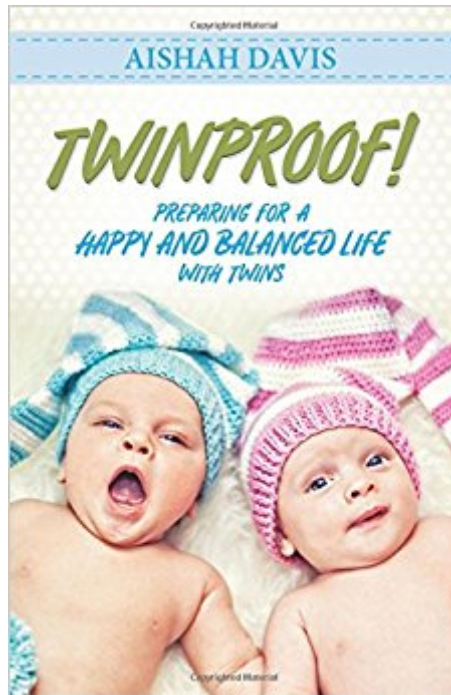


The book was found

# TwinProof: Preparing For A Happy And Balanced Life With Twins



## Synopsis

When Aishah Davis learned she was having twins, she began reading everything she could on the topic. Thing was, she just didn't find many books for expectant mothers of multiples. She wished there was more out there that spoke to her specific needs. After her twin boys were born, she began writing a book that would answer the questions she had wanted to solve during her pregnancy. The result is TwinProof: Preparing for a Happy and Balanced Life with Twins. In TwinProof, Davis gives you the unique insight that only a mom of multiples can. The lessons start with what to do from the day you learn you're pregnant and extend through the first year of your babies' lives.

You'll learn: How to team up with your partner/spouse for a smoother pregnancy...How to treat your body's special needs as an expectant mother of twins...About the unique budgeting needs for twins...About baby items that will help you more easily care for your twins...The pros and cons of delivering twins vaginally versus by cesarean...How to select the right pediatrician and caregiver...About the importance of sleep training twins...Where to find the best play spots for twins...How to travel with your babies. . . and much, much more! Davis will also show how you and your partner can find time for yourselves during your babies' first year. She knows well the importance of achieving balance in your life during this hectic and exciting time. You'll learn how to find time to exercise, how to schedule getaways with your partner, and more. If you want a happy and balanced life with your twins, look no further than TwinProof. Aishah Davis has worked in medical and pharmaceutical sales for companies across the US for more than a decade. For nearly ten years, she's also mentored expectant moms of multiples about the unique parenting journey that awaits them. Davis and Andre Davis, are the proud parents of twins Aydin and Addai. Davis holds a bachelor's degree in journalism from Florida A&M University and lives in Central Florida with her family.

## Book Information

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## Customer Reviews

As a proud parent of twins, this book will help anyone prepare for a happy and balanced life with multiples. Twins are a ton of fun, but preparation is the key to not feeling overwhelmed and being able to enjoy the amazing gift that they are when they come into your life. Additionally, the first-hand experience in the book paints a realistic picture, which is also key in understanding how your life will change (for the better of course).

Love this book!! It really prepares you for the journey ahead and gives direction on how to keep my life in balance from a couples aspect, managing the twins, what to buy, how to travel with twins and doing things that will make me happy too. This book speaks to real family and life balance!

I purchased this book for a close friend and she thanks me every time she sees me! The guidance is practical, uncomplicated and encouraging. Thank you for taking the time to provide such a helpful view on making the early twin years a little bit easier!

Practical, actionable guidance on how to navigate life with twins. This is for parents, grand parents, aunts, uncles, caregivers etc. Anyone who has a life with twins will find this book valuable.

Book gave great advise for soon to be parents of twins but can also be used as a guide for single births.

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TwinProof: Preparing for a Happy and Balanced Life with Twins  
Happy Belly: A Woman's guide to feeling vibrant, light, and balanced  
The Multiples Manual: Preparing and Caring for Twins or Triplets  
The Art of Parenting Twins: The Unique Joys and Challenges of Raising Twins and Other Multiples  
Dad's Guide to Twins: How to Survive the Twin Pregnancy and Prepare for Your Twins  
Raising Twins: What Parents Want to Know (and What Twins Want to Tell Them)  
Dad's Guide to Raising Twins: How to Thrive as a Father of Twins  
Raising Twins After the First Year: Everything You Need to Know About Bringing Up Twins - from Toddlers to Preteens  
Magical Multiple Moments: Parents of

Multiples Share Stories and Advice on Raising Happy, Healthy Twins, Triplets, Quads, and More!  
Expecting Twins, Triplets, and More: A Doctor's Guide to a Healthy and Happy Multiple Pregnancy  
How to Love Yourself: How to Have More Self- Confidence & Start Living Your Life to Be Happy  
Again (How to Love Yourself, Feel Confident and Be Happy Book 2) MINDFULNESS: The Bullshit  
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(Transcendental Meditation, Yoga Poses, ... Stress Reduction, How to be Happy) Buddhism: A  
Beginners Guide Book For True Self Discovery and Living a Balanced and Peaceful Life: Learn To  
Live In The Now and Find Peace From Within - ... - Buddha / Buddhist Books By Sam Siv 1)  
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