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THE NURSING MOTHER'S COMPANION

THE BREASTFEEDING BOOK MOTHERS TRUST,
FROM PREGNANCY THROUGH WEANING

KATHLEEN HUGGINS, R.N., M.S., I.B.C.L.C.
WITH JAN ELLEN BROWN, B.S., I.B.C.L.C., AND JENN THORNE

"Most books about breastfeeding are heavy on nursing's mystical rewards and light on actual technique. Huggins corrects the imbalance with a lucid, trouble-shooting guide. Her reassuring, practical suggestions make this book an excellent informational companion." — *Publishers Weekly*

The Nursing Mothers Companion

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