



Ready or Not... Here We Come!

Elizabeth Lyons

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"Finally...a humor-filled, solution-packed, tell-it-like-it-is guide for mothers of twins."

-*Betty Jean Young, BSN*

"Elizabeth Lyons' humorous yet realistic perspective provides new parents of twins with a great starting point from which to embark on that all-important first year!"

-*Dr. Bob Covert, Leading Chicagoland Neonatologist*

"Elizabeth Lyons captures the universal discourse of sisterhood while guiding new mothers of twins through the first year."

-*Kathy Voit, RNC, Labor and Delivery RN*

Undertain where to start, how to coordinate endless double feedings, or how to control the whirlwind? Don't worry-Elizabeth Lyons and her "multiples sorority" will get you through! In her first humor-packed guide to raising twins, Elizabeth Lyons highlights the experiences and strategies of a group of women who met in a multiples birthing class, and survived their pregnancies and first year with twins together. Topics include: Preparing the Lair: Mandatory Gear for Babies *and* Mom Getting Organized: The Key to Success Getting Those Babies on a Schedule-Preferably the Same One! Out and About with Twins: Methods of Appearing as though You've Got It (and Them) Under Control Lyons provides the all-important feeling of camaraderie that will keep expectant and new parents of twins smiling, remaining optimistic, and remembering how much they are blessed through it all.

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