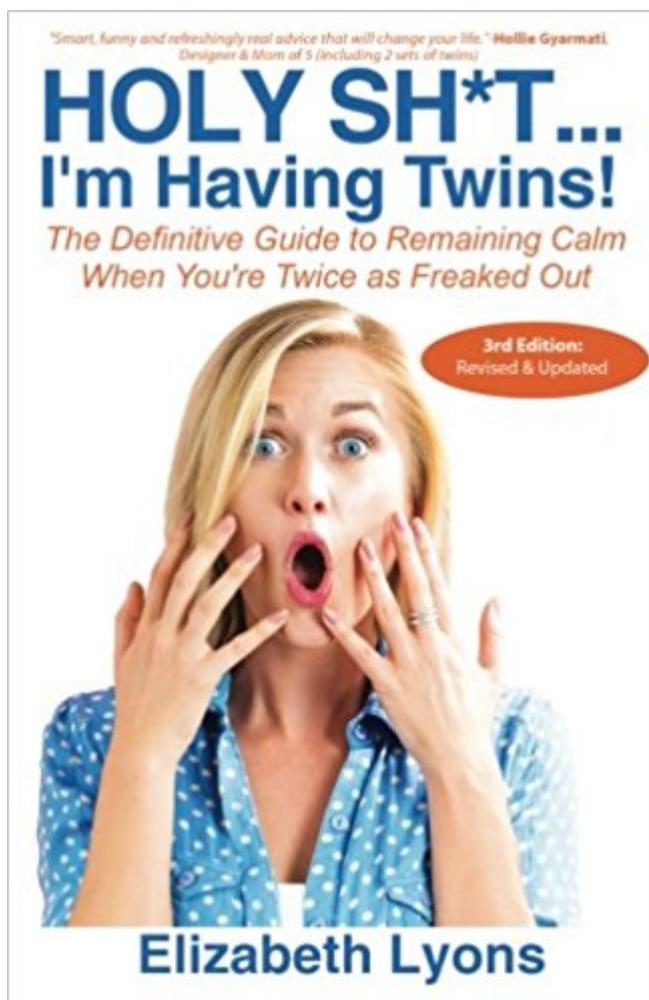


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# Holy Sh\*t...I'm Having Twins!: The Definitive Guide To Remaining Calm When You're Twice As Freaked Out



## Synopsis

3rd edition of the best-selling Ready or Not...Here We Come! The REAL Experts' Guide to the First Year with Twins expecting twins book --- updated and expanded (and re-titled) Pregnant with twins? Need a funny, strategies-filled, up-to-date expecting twins book that details exactly what you need as you embark upon the first year? This book has been supporting expecting and new twin parents for over a decade. "Smart, funny and refreshingly real advice that will change your life."

-Hollie Gyarmati, Designer & Mom of 5 (including 2 sets of twins) You've expanded (and traded high-fashion maternity wear for your husband's XXL T-shirts), answered way too many questions about your babies' conception, and endured your dynamic duo's in-utero boxing matches. Just think, the adventure has only begun! In the 3rd edition of her bestselling, humor-packed guide to the first year with twins, Elizabeth Lyons and her "multiples" sorority offer the wisdom of their combined experience in the form of practical shortcuts, real-world strategies, and sage advice. Topics include:

- Preparing the Lair: Mandatory Gear for Babies and Mom - Twinproofing Your Marriage - Breastfeeding Twins Strategies (and why it's okay if you don't) - Handling Unsolicited Advice about Raising Twins: Stories from the Trenches - Getting Twins on a Schedule - Preferably the Same One Lyons balances the day-to-day challenges that come during the first year of twinsâ "from double feedings to sleep deprivation to getting out while pretending to have everything under controlâ "with a sanity-saving dose of camaraderie. By the end, you'll be smiling, relieved, and professing, "Thank heaven, I'm not alone!" "The advice you need in the short, funny format your sleep-deprived mind can absorb." - Lisa Earle McLeod, bestselling author of Forget Perfect "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 nurse

## Book Information

Paperback: 278 pages

Publisher: Finn-Phyllis Press, Incorporated; 3 edition (December 15, 2016)

Language: English

ISBN-10: 0974699071

ISBN-13: 978-0974699073

Product Dimensions: 5.5 x 0.7 x 8.5 inches

Shipping Weight: 15 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 8 customer reviews

Best Sellers Rank: #99,928 in Books (See Top 100 in Books) #9 in Books > Parenting & Relationships > Family Relationships > Twins & Multiples #367 in Books > Parenting & Relationships > Parenting > Early Childhood

## Customer Reviews

Elizabeth Lyons is a mom of 5 (including twins) who lives in Arizona because it's sunny even on the days when it looks like an F5 tornado hit her home. She continues to coordinate the details of her beautiful, chaotic life as a mom of 5, designer and book writing/publishing coach. Should she ever go missing, she can likely be found at her local coffee shop or the Sprinkles cupcake ATM.

The last thing you want when you know you're having twins is a blah play-by-play. Or at least that goes for this mom. I needed suggestions that felt relatable and organic, not preachy or "sales pitchy." This book SAVED me before and after the birth of my twins. I read the previous addition "Ready or Not Here We Come." This updated version is even more real, raw, hilarious and comforting. Having twins can be a frightening proposal for new parents. We need someone like Elizabeth Lyons to walk us through it with her natural voice, comprehensive knowledge and humor. If you know ANYONE expecting twins, she needs this book!

A more realistic view of what it's like to carry and then care for twins

This book will walk you off the ledge of fear and, through laughter and sound/practical advice, and put you onto a platform of confidence. Elizabeth is totally relate-able and provides straight forward, priceless advice on how to make it through with twins!

I don't have twins but I'm a huge fan of Elizabeth Lyons so I bought this for a girlfriend. She raved and raved, all but crediting this book with saving her sanity. I wish I could remember all of her specific comments (real, helpful, and hilarious come to mind), but one thing I know is that the minute I hear someone I know is expecting multiples, I am sending them this book immediately.

I wish I could deliver this book to every new twin mom who feels overwhelmed with the task of keeping two little people alive! A must-read- you'll feel like Elizabeth is sitting at your kitchen table with a cup of coffee and handful of m&m's, sharing her crazy baby stories and dishing real advice

about what really goes down at home and secrets to keeping the whole family happy!

Really helpful info.

Granddaughter loves it. Due Feb 14, 2018 with twins. She says it is very funny!!!!

Funny and full of great tips and ideas!

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