

From Marriage to Parenthood: A Comprehensive Guide to the Journey



From Marriage to Parenthood by Shaheen Merali

★★★★★ 5 out of 5

Language : English
File size : 2697 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 195 pages
Lending : Enabled



Becoming parents is a life-changing experience, and one that can be both exciting and daunting. In her book, *From Marriage to Parenthood: A Comprehensive Guide to the Journey*, Shaheen Merali offers practical advice and support for couples on their journey from marriage to parenthood.

The book covers a wide range of topics, including:

- **Communication:** How to communicate effectively about your hopes and dreams for parenthood, and how to navigate the challenges that can arise along the way.
- **Financial planning:** How to budget for the costs of pregnancy, childbirth, and raising children.

- The emotional and physical changes that couples experience during pregnancy, childbirth, and the postpartum period.
- Parenting: How to raise happy, healthy children.

Merali's book is a valuable resource for any couple who is planning to start a family. It is full of practical advice, emotional support, and real-life stories from couples who have been through the journey from marriage to parenthood.

About the Author

Shaheen Merali is a certified life coach and the founder of the website Shaheen Merali Coaching. She has helped hundreds of couples navigate the journey from marriage to parenthood, and she is passionate about helping others to create happy, healthy families.

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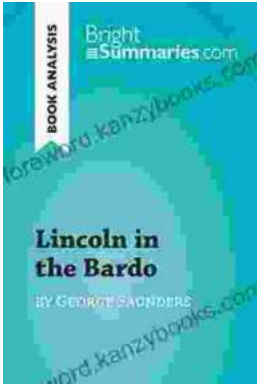
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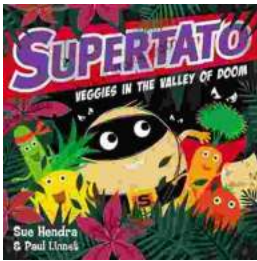
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