

# expecting better emily oster

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## **Expecting Better: Why the Conventional Pregnancy Wisdom Is ... - Amazon**

Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, Expecting Better is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional glass of wine.

## **"Expecting Better" was updated in 2025. Should you read it?**

This week, we take a look at Emily Oster's, sometimes controversial, "Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know."

## **'Expecting Better' by Emily Oster: Highlights for Expectant Parents**

Expecting Better tackles the so-called “rules” of pregnancy, which, Oster points out, are often applied in an arbitrary, one-size-fits-all manner—or are just plain wrong. In each chapter, she dissects a piece of common pregnancy advice with the help of hard data and research.

## **Expecting Better - Google Books**

Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, Expecting Better is the book for every pregnant woman who wants to enjoy a...

## **Expecting Better by Emily Oster | Penguin Random House Canada**

What to Expect When You're Expecting meets Freakonomics: an award-winning economist and author of Cribsheet, The Family Firm, and The Unexpected disproves standard recommendations about pregnancy to empower women while they're expecting.

## **Expecting Better by Emily Oster: 9780593833209 | PenguinRandomHouse.com ...**

Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, Expecting Better is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional glass of wine.

## **Expecting Better by Emily Oster | Waterstones**

Award-winning Emily Oster debunks myths about pregnancy to empower women while they're expecting. Pregnant women are often treated as if they were children, given long lists of items to avoid - alcohol, caffeine, sushi - without any real explanation from their doctors about why.

## **Expecting Better Summary and Study Guide | SuperSummary**

Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong—and What You Really Need to Know (2013) by Emily Oster is a data-driven pregnancy guide that challenges common medical advice through the lens of economics and statistical analysis.

## **Expecting Better: Why the Conventional Pregnancy Wisdom...**

Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, Expecting Better is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy. Emily Oster is an American economist and bestselling author.

## **Expecting Better by Emily Oster (ebook) - eBooks.com**

Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, Expecting Better is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the occasional glass of wine.