



Ready or Not... Here We Come! The Real Experts' Cannot-Live-Without Guide to the First Year with Twins

Elizabeth Lyons

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Uncertain 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. For real-world strategies on coordinating endless double feedings, getting the babies on a schedule (preferably the same one), and appearing to have it (and them) under control while out and about, *Ready or Not...Here We Come!* is the hilarious, tell-it-like-it-is resource no parent of twins should be without.

In her first humor-packed guide to raising twins, Elizabeth Lyons highlights the experiences and strategies of a group of friends who met in a multiples birthing class, and survived their pregnancies and first year with twins together.

Lyons provides the all-important feeling of camaraderie that will keep expectant and new parents of twins smiling and optimistic, and remind them through it all how blessed they are (even when they feel as though they haven't slept in weeks). *Ready or Not...Here We Come!* combines strategies that Lyons has gleaned from friends, doctors, nurses, and even perfect strangers to form one concise guide that will undeniably prepare those expecting twins as well as new parents of twins to complete that all-important first year.

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.

"Ready or Not...Here We Come! is the advice you need in the short, funny format your sleep-deprived mind can absorb. Elizabeth Lyons tells it like it is in a laugh-out-loud look at the uncertainty, craziness, and absolute of your first year with twins. An absolute must-have for every mother who wished there were two of her to keep up with the two of them." - Lisa Earle McLeod, 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 tells it like it really is. From helping you survive back-to-back feedings, living with the stereophonic crying, and coping with a double round of diaper rash, she tells you what to do, what to buy, and what to ignore. My twins are now teenagers, and as a woman who felt like she was the only one coping with double Mommying, I would have sold my soul for practical, supportive advice like this. There is a light at the end of the twins tunnel, and *Ready or Not* will help you find it. Where was Elizabeth Lyons when my twins were little?" - Kristy Lucariello, President of Performance in Practice and mother of teenage twins

"Finally...a humor-filled, solution-packed, tell-it-like-it-is guide to the first year with twins!" - Betty Jean Young, BSN

Look for Elizabeth's second book, *Ready or Not...There We Go!* this summer.

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Marie Williams:

The guide with title Ready or Not... Here We Come! The Real Experts' Cannot-Live-Without Guide to the First Year with Twins possesses a lot of information that you can find out it. You can get a lot of benefit after read this book. This book exist new information the information that exist in this e-book represented the condition of the world today. That is important to yo7u to know how the improvement of the world. This particular book will bring you in new era of the glowbal growth. You can read the e-book in your smart phone, so you can read this anywhere you want.

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Is it a person who having spare time subsequently spend it whole day simply by watching television programs or just resting on the bed? Do you need something totally new? This Ready or Not... Here We Come! The Real Experts' Cannot-Live-Without Guide to the First Year with Twins can be the answer, oh how comes? It's a book you know. You are consequently out of date, spending your time by reading in this fresh era is common not a geek activity. So what these textbooks have than the others?

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