



# Ready or Not Here We Come!: The Real Experts' Guide to the First Year With Twins

*Elizabeth Lyons*

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**Ready or Not Here We Come!: The Real Experts' Guide to the First Year With Twins** Elizabeth Lyons  
2nd Edition, updated and expanded!

You've expanded (to the point where you've traded high-fashion maternity wear for your husband's XXL T-shirts), answered way too many questions about your babies' conception, and felt your belly bounce like jelly as your dynamic duo engaged in a boxing match. And the adventure has only begun!

In her first humor-packed guide to raising 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 Strategies (and Why It's Okay if You Don't)
- Unsolicited Advice: Stories from the Trenches
- Getting Twins on a Schedule Preferably the Same One

Lyons balances the day-to-day challenges of raising twins from double feedings to sleep deprivation to getting out while pretending everything's under control with a sanity-saving dose of camaraderie. By the end, you'll be smiling and shouting, "Thank heaven, I'm not alone!"

"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

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#### **Barbara Folsom:**

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