

Do Chocolate Lovers Have Sweeter Babies?: The Surprising Science of Pregnancy

By Jena Pincott



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**** Recipient of starred reviews from *Kirkus* and *Library Journal* ****


Science writer Jena Pincott spent her pregnancy and postpartum months asking the types of questions that doctors don't answer, and that expectant mothers will not expect. In this curiosity-driven exploration into the "hidden" side of pregnancy, learn how genes play favorites, amniotic fluid carries flavors; how semen can be a fetus's friend or foe; how the brains shrinks and grows; and what mind-control chemicals are doing in breast milk, sweat, and tears.

Drawing on studies in evolutionary psychology, biology, neuroscience, reproductive genetics, and epigenetics, the influence of the environment on the behavior of genes, Pincott explores questions such as:

- * Does stress sharpen your baby's mind--or dull it?
- * Can you predict your baby's temperament?
- * Why are babies born in the darker months of the year more likely to grow up to be novelty-loving risk takers?
- * Are bossy, dominant women more likely to have boys?
- * How can the cells left behind by your baby affect you years later?

This is a different kind of pregnancy book--thoughtful, humorous, intimate, and filled with information you won't find anywhere else.

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Editorial Review

Review

A lively, accessible romp through the science of pregnancy...with wit, personal anecdotes and playful humor. -- *Kirkus* (starred review)

What a charm!...Enjoyable, insightful, and fascinating...This winning title deserves some talking up. -- *Library Journal* (starred review)

Pincott writes with **humor and vibrancy**, bringing science to life. -- *Publishers Weekly*

"Do Chocolate Lovers have Sweeter Babies is utterly fascinating ... and a great read."

—**Christiane Northrup, M.D., ob/gyn physician and author of the *New York Times* bestsellers: *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause***

"Having delivered many babies in Africa and raised one of my own, I was thrilled to find plenty of old-fashioned common sense suffusing Pincott's survey of cutting-edge research. Casual, but never careless, her light style is a fine complement to her balanced, informed scholarship. Covering everything from martinis to Mozart, Pincott's book is full of useful thinking that will inform and comfort expectant mothers (and fathers) everywhere."

—**Cacilda Jethá, M.D., co-author (with Christopher Ryan) of *Sex at Dawn: The Prehistoric Origins of Modern Sexuality***

*"In *Do Chocolate Lovers Have Sweeter Babies?*, Jena Pincott takes us on a fascinating tour through the science of pregnancy. She answers questions, shares stories, and passes on insights gleaned from her exhaustive research. Reading it is like having a friend—an extraordinarily wise, funny, and well-informed friend—walk you through the nine months before birth. Pincott tells you everything you wanted to know about pregnancy but were afraid to ask."*

—**Annie Murphy Paul, author of *Origins: How the Nine Months Before Birth Shape the Rest of Our Lives***

"Delightful! This book is destined to become everywoman's --and man's --secret guide to pregnancy. A must read."

—**Louann Brizendine, M.D. neuropsychiatrist author of *The Female Brain* and *The Male Brain***

From the Author

Science writer Jena Pincott spent her pregnancy and postpartum months asking the questions that doctors don't answer, and finding answers that expectant mothers will not expect. In this curiosity-led exploration into the "hidden side" of pregnancy, learn how amniotic fluid carries flavors and genes can play favorites, semen can be a fetus's friend or foe, the brain shrinks then grows, and what mind-control chemicals are doing in breast milk, sweat, and tears.

Drawing on studies in evolutionary psychology, biology, social science, neuroscience, reproductive genetics, endocrinology, and epigenetics, the influence of environment on the behavior of genes, Pincott explores questions such as:

- * Why are your dreams more vivid?
- * Why do skinny chicks have more daughters?
- * Is the fetus tinkering with your brain?
- * What does the baby's birth season predict about her personality?
- * What do fetuses learn when they eavesdrop?
- * Do boys really give you basketball bumps?
- * Do fidgety fetuses become feisty babies?
- * Where does maternal instinct come from?
- * Does your stress sharpen your baby's mind -- or dull it?
- * Can men breastfeed?
- * Do mommies have better brains?
- * How could Grandma's diet affect your child?

And could eating chocolate really make your baby sweeter?

About the Author

Jena Pincott writes about the quirky, hidden side of science -- the shocking, subconscious, under-the-radar stuff. She has a background in biology and is the author of *Do Chocolate Lovers Have Sweeter Babies?: Exploring the Surprising Science of Pregnancy*, which received starred reviews from Kirkus and Library Journal for mixing "science with wit, personal anecdote, and playful humor." Her previous book, *Do Gentlemen Really Prefer Blondes*, on the science of love and attraction, is translated in 17 languages.

Jena writes science fiction as a hobby and blogs at *Psychology Today* and the *Huffington Post*. She lives in New York City with her husband, Peter, and two young daughters.

Users Review

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Jimmy Hicks:

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