

**PERIGEE**

**The Panic-Free Pregnancy: An OB-GYN Separates Fact from Fiction on Food, Exercise, Travel, Pets, Coffee, and Other Concerns You Have When You Are Expecting** (June, \$14.95) by Michael Border, M.D., calms fears and gives facts.

**What Nurses Know and Doctors Don't Have Time to Tell You** (July, \$13.95) by Pat Carroll is a home guide on a wide range of health concerns.