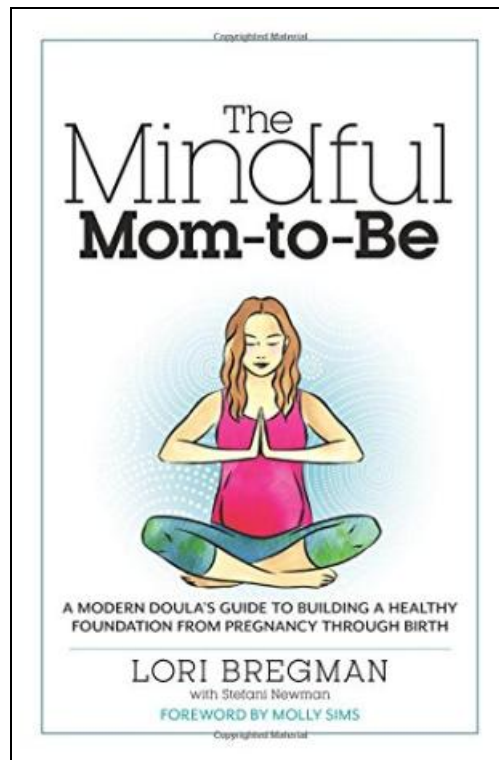


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Rodale Books. Paperback. Condition: New. 320 pages. As a natural, holistic approach to pregnancy has resurfaced, women everywhere are looking to doulasnot doctorsfor advice and support. Whats a doula In short, its a trained professional who provides physical, emotional, and informational support to a mother before, during, and just after birth. Studies have shown that when doulas attend births, labors are shorter with fewer complications, babies are healthier, and breastfeeding is easier. The Mindful Mom-To-Be offers concrete, prescriptive health information, including natural solutions for aches and pains, colds, or trouble sleeping, but Lori Bregmans primary goal is to help expectant moms find what works best for them. With themes like Living in Joy, Destress and Decompress, and Mothering Yourself to accompany each month of pregnancy, Bregman encourages soon-to-be mothers to take time to explore their inner thoughts and fears, and examine their expectations of motherhood before their child arrives. Her spiritual exercises are positive, fun, and easy to put into practice. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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