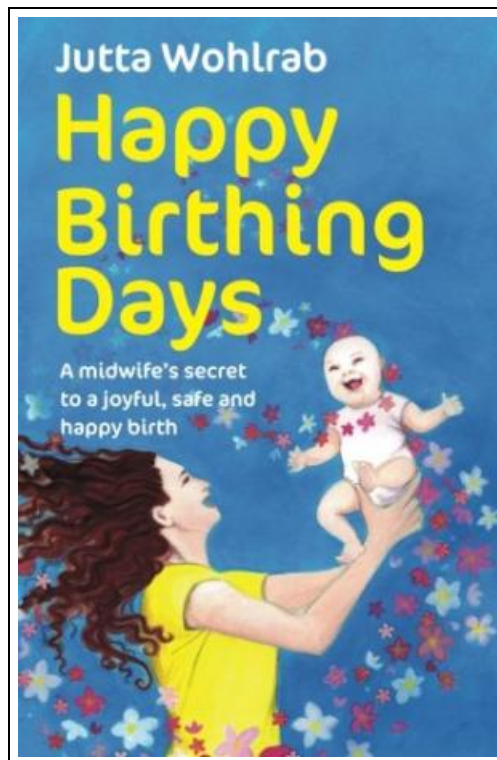


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Rethink Press, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Pizza and parcels should be delivered but babies should be born. Happy Birthing Days is a 3-step method that has helped hundreds of women and couples to have more choice and a better birthing experience on their big day. Combining positive birth stories with practical tips for body and mind, this book provides a guide that enables all pregnant women to prepare themselves in a positive way. Jutta shares the best of her knowledge and experience from over 30 years of midwifery, and combines this with her deep knowledge of NLP, hypnosis and yoga to: 1. give you more confidence in your body and your skills; 2. teach you Birth Breathing for deep relaxation and a better birth; 3. offer effective hands-on tips and tricks for birth partners; 4. create more choice for you, your partner and your baby; 5. enable you to release unwanted fears and doubts. Birth is a global matter and everyone deserves the best beginning in life. Let this book be your guide. Jutta Wohlrab is an enthusiastic and inspiring midwife, trainer and international speaker with over 30 years experience. She is based in Berlin and Australia and enjoys travelling and connecting with people all over the world. Her vision is that women all over the world can have joyful, safe and happy births.



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