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Birth Rocks (Paperback)

By Cheryl Kennedy MacDonald

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.It doesn't have to be terrifying. You don't have to dread giving birth. In fact, the day you give birth can be the most amazing day of your life. The NEW Revised edition includes bonus chapters and a foreword by Doula and Birth Keeper, Nicola Goodall. Birth ROCKS(c) is the revolutionary childbirth preparation method that's been taking the world by storm. Created by YogaBellies founder Cheryl MacDonald, Birth ROCKS(c) is an approach to childbirth that's positive, honest and most importantly, unique to you. This book accompanies your personal journey through pregnancy and birth. The Birth ROCKS(c) Method helps you to understand your personal coping style in new or stressful situations; how to actively involve your partner in your birth and how to identify and release your fears of birthing. Birth ROCKS(c) will help you to: Look forward to childbirth with excitement and feel prepared for The Big Day; Learn from positive birth stories from other women, reinforcing the fact that birth can be the most amazing experience of your life; Find out if hypnobirthing is the right...

Reviews

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