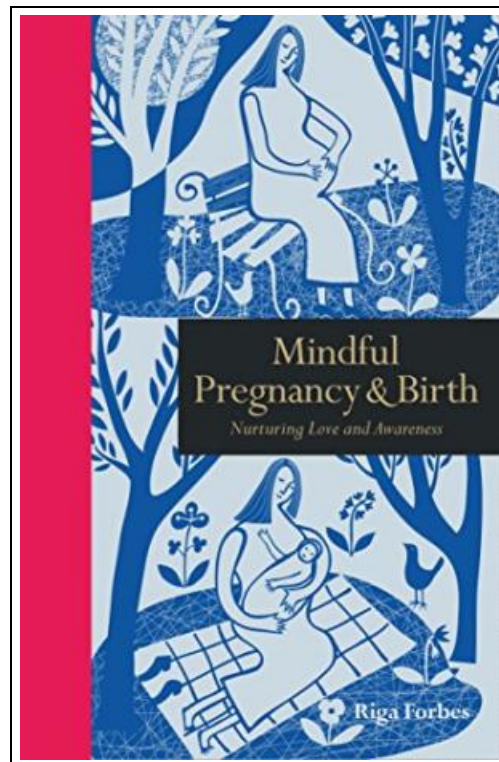


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(Dr. Garnett McLaughlin II)

MINDFUL PREGNANCY BIRTH: NURTURING LOVE AND AWARENESS (HARDBACK)



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The Ivy Press, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. This is a great book which gives you the inspiration to go through your pregnancy and birth with a mindful approach. As well as advice it also has meditative exercises and insights. A great, helpful book for mothers-to-be. - Catherine Balavage (Frost Magazine) Focusing on the entire journey; from pregnancy through to early parenthood, this guide to living mindfully for expectant mothers helps prepare you for birth and improve your wellbeing with the ancient practice of mindfulness. When we talk about making something, it usually refers to creating, manipulating, or forming a material. In pregnancy, our bodies are wrapped up in doing all of these things at once, and on a grand scale. But in the act of making space in ourselves through mindfulness, none of these things apply. In Mindful Pregnancy Birth we engage in an act of not doing . Of not changing, but of simply being in the experience of ourselves. Pregnancy is a phase in which to reconcile what has been, with what will become. It is a process, a time of change, and even more so for a first-time mother. It is a recognition of our dreams for the future being in transit, in gestation, in the making.



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