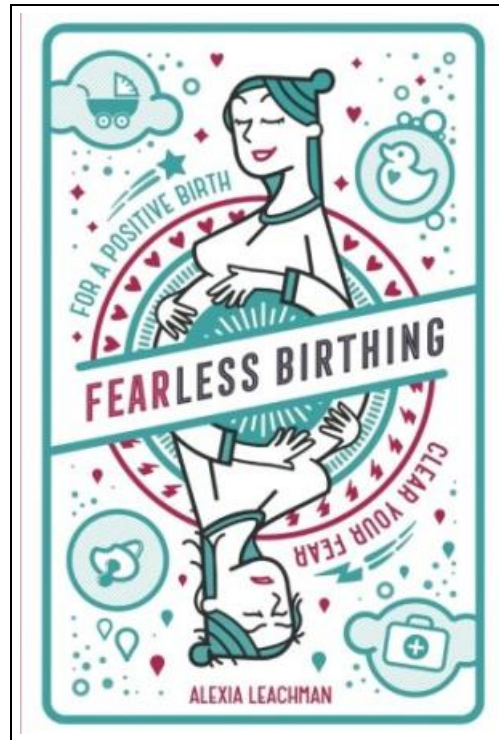


Fearless Birthing: Clear Your Fears for a Positive Birth (Paperback)



Filesize: 5.04 MB

Reviews

An extremely wonderful ebook with lucid and perfect explanations. I was able to comprehend almost everything using this composed e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Kimberly Carroll)

FEARLESS BIRTHING: CLEAR YOUR FEARS FOR A POSITIVE BIRTH (PAPERBACK)



Mankai Media, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Does the thought of childbirth scare you? Are you fearing the countdown to your due date? Discover a new birth preparation approach to help guide you from conception to childbirth with peace of mind. Have your pregnancy and birth fears left you stressed out and anxious? Are you looking for an alternative to hypnobirthing? Author Alexia Leachman used to feel the same way until she discovered a technique that helped her overcome her own fear of pregnancy and childbirth. Since sharing it through her award-nominated Fear Free Childbirth podcast, she's helped thousands of women to shift their mindset around birth, and now she's here to help you too! Fearless Birthing is your essential road map to confront and conquer the fears that stand between you and motherhood. Through Leachman's unique fear-clearance method, you'll learn how to mentally and emotionally prepare for the birth of your bundle of joy. By ridding your fears, you'll turn potential trauma into an empowering experience. In Fearless Birthing, you'll discover: The two types of fear surrounding childbirth and how to manage them effectively How to approach your pregnancy with mindful reflection in anticipation of motherhood Why your due date can be a huge source of stress, and how to avoid it The Head Trash Clearance Method, which you can use to rid your fears and stresses How to prepare for birth so that you feel positively about it, whatever the outcome Fearless Birthing is a must-have guide for expectant mothers. If you like step-by-step instructions, no-nonsense advice from a leading expert, and access to a wealth of online resources, then you'll love this book. Praise for Fearless Birthing Save yourself the...



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