
Hypnobirthing The Mongan Method 4th Edition A Nat

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The Mongan
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HANA REID

GentleBirth Coronet
No matter how you birth your baby, feel calm and safe with hypnobirthing "This woman is a great healer and birth expert. This book will be brilliant." Russell Brand Your Baby, Your Birth is a truly modern hypnobirthing book for ALL births. In-demand hypnobirthing coach Hollie de Cruz provides you with the skills and tools to make any birth feel safe, calm, connected and empowering. Drawing on her experience working

with new mums, including Fearne Cotton and Giovanna Fletcher, Hollie de Cruz helps you prepare for a positive (not 'perfect') birth experience and approach motherhood with confidence in yourself and your instincts. Your Baby, Your Birth will teach you: - That birth is safe - listen to your body, embrace the changes, prepare your mind and relax during pregnancy - Exercises and breathing techniques for labour and birth for you and your birth partner, along with guided meditations to keep you calm and engaged - How to trust your instincts,

understand your body and baby, and make informed decisions throughout your pregnancy and beyond Hollie de Cruz, creator of the award-winning yesmum positive affirmation cards, is renowned for demystifying hypnobirthing and her down-to-earth, realistic approach is highly sought after. Whatever kind of birth you are planning, let Hollie de Cruz provide you with a set of deep relaxation, mindfulness and meditation tools for an empowering experience. *Babies Are Not Pizzas* Random House

Food is an expression of love – both the romantic kind of love and the comforting kind of love between family and friends. With its savory, sweet, and sometimes spicy stories, this book will stir up memories, sprinkle in laughs, and warm hearts of readers. *Chicken Soup for the Soul: Food and Love* will stir up those delectable feelings and memories that certain aromas and tastes always bring. Readers will relish in the succulent and tasty stories on how love and food together played a flavorful part in life, leaving them with a divine aftertaste and a pungent yearning to read more.

HypnoBirthing, Fourth Edition Simon and Schuster

An inclusive, non-judgmental, and empowering guide to pregnancy, childbirth, and postpartum life that puts mothers first, offering straightforward guidance on all the options and issues that matter most to them (and their partners) when preparing for a baby. In *Birth Without Fear*, January Harshe--founder of the global online community *Birth Without Fear*--delivers an honest, positive, and passionate message of empowerment

surrounding everything that involves having a baby. It's a guide that fills in the considerable cracks in the information available to women and families when they're preparing to welcome a child--covering care provider choices, medical freedom, birth options, breastfeeding, intimacy, postpartum depression, and much more. *Birth Without Fear* shows moms, dads, partners, and families how to choose the best provider for them, how to trust in themselves and the birth process, and how to seek the necessary help after the baby has arrived. In addition, it will educate them about their rights--and how to use their voice to exercise them--as well as how to cope with the messy postpartum feelings many people aren't willing to talk about. Unlike other pregnancy books, *Birth Without Fear* will also help partners understand what mothers are going through, as well as discuss the challenges that they, too, will face--and how they can navigate them. Shattering long-held myths and beliefs surrounding pregnancy, birth, and the postpartum experience, *Birth Without Fear* is an

accessible, reassuring, and ultimately inspiring guide to taking charge of pregnancy, childbirth, and beyond.

Mindful Birthing Hay House UK Limited
With *Mindful Birthing*, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. **SOME OF THE BENEFITS OF MINDFUL BIRTHING:** Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing
Natural Childbirth the Bradley Way Shambhala Publications
Enclosed CD contains relaxation and birth rehearsal techniques.
Orgasmic Birth Abrams
DK brings you an all-encompassing and

illustrated guide to your pregnancy journey, from the moment of conception to the first two weeks of your newborn's life.

Becoming pregnant is a beautiful moment in any person's life, and with this one-stop pregnancy guide by your side, you will be fully-equipped from beginning to end of your joyful journey. With day-by-day artworks and fetal images showcasing your baby's development, this comprehensive pregnancy book is perfect for both first-time mums and experienced parents alike. Dive right in to discover:

- A day-by-day structure with unmatched detail for every step of the journey.
- The day-by-day format is continued for the first two weeks of life with a newborn baby.
- An hour-by-hour account of the crucial 12 hours post-delivery.
- Illustrated artwork to show fetal development throughout the stages of pregnancy.

As your due date approaches, this baby development book explores all the options available for your labour and birth so you can make the right choice with confidence, and also breaks down your delivery and the first 12 hours after childbirth. The day-by-day format continues

for the first two weeks postpartum as you embark on life with your newborn. All the latest medical advice for mums-to-be is covered, including guidance on nutrition and exercise, so you'll understand how to keep you and your baby happy and healthy throughout pregnancy. Featuring Q&As with both experts and mums also provides extra support, answering common questions and offering reassurance for any questions or concerns you may have about pregnancy, from your pregnancy diet, to the first 40 days, this baby parenting book truly does have it all. The ideal gift for expectant mothers who are seeking a healthy and happy pregnancy every step of the way, and a must-have parenting book for those who seek a detailed account of labour, birth, and exploring all the options available during pregnancy care. With *The Day By Day Pregnancy Book* by your side, we assure you will feel safe and supported during this special time in your life, as you count down the days to your new arrival!

Effective Birth Preparation
Chronicle Books
Discover your roadmap to a positive birth! A positive

birth comes in many forms - for some it's an early effective epidural for another it's a serene water birth or a calm planned cesarean. What we know for sure is that a positive birth is defined by YOU - not your best friend, Mom or even your OB or Midwife. The award winning GentleBirth program combines brain science, birth science and technology so you can feel inspired, excited and uplifted every day of your pregnancy - and beyond! Every woman wants a safe, positive gentle birth - for themselves and for their baby. Midwife, GentleBirth Founder and positive birth expert Tracy Donegan shows you how as she guides you step by step including the following: Practical tools to prepare you and your partner for a positive birth - as defined by YOU! Use brain science to reduce pain and fear in labor. Discover the ultimate stress reduction toolkit of techniques of simple meditation, hypnosis and sport psychology. Train your brain for confidence and resilience - long after your baby arrives Learn breathing techniques that work. Navigate your options with confidence for a GentleBirth for you and your baby.

Mindful Hypnobirthing

Hachette Books

A Bundle of Joy for Every Woman Whose Heart Longs to be a Mommy Ten million people each year suffer often in private shame and pain because they've been told that they can never conceive children of their own as a couple (literally billions of dollars are spent each year on fertility cures); or because they've been conditioned to believe that it's normal to struggle through a painful and difficult pregnancy; or because they fear whether they have what it takes to be affirming, joyful parents. Jackie Mizewho was told it was impossible for her to have a baby and who is now the mother of four beautiful children provides readers with a supernatural answer. Filled with powerful and intimate scriptural prayers, this little book gives readers a way to come before Father God in faith with issues from having a difficult time getting pregnant to joyfully cradling that precious gift from God in their arms. By taking an expectant mother or a woman who desperately wants to be expecting through God's promises for her and her

baby's future, Prayers and Promises for Supernatural Childbirth is a bundle of joy that delivers hope and encouragement, while chasing away doubts and fears. Specific issues covered in the scriptural prayers include: fulfillment over barrenness; the threat of miscarriage; a joyful delivery day; and dedicating one's baby to God.

Hypnobirthing the Original Method Hay House, Inc Hypnotherapist and experienced doula Sophie Fletcher shares with you the secrets to having a safe and positive birth experience. Using a powerful combination of mindfulness, hypnosis and relaxation techniques, Sophie will ensure you feel genuinely excited and completely prepared for birth. With stories from women who have successfully used the tools in this book, and downloadable hypnosis and relaxation tracks, discover how to: - use your mind and body together to stay focused and in control - draw on visualisation and breathing techniques to help birth progress - feel positive and empowered, before, during and after you give birth Reassuring, practical and based

entirely on what works, Mindful Hypnobirthing is your essential guide to having a calm and confident birth experience.

Hypnobirthing Harvard Common Press

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you."

-Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies,

nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie

Claire. *The Fourth Trimester* New Harbinger Publications Pregnancy and childbirth are often depicted as a time of sickness and mood swings for women followed by twelve to twenty hours of pain and hard labor. Many women have been told they can never conceive. Others have suffered the pain of conceiving and miscarrying. Have you had enough of this picture? *Supernatural Childbirth* is a practical and realistic look at God's promises for conception, pregnancy and delivery. This is not "pie-in-the-sky"-This is a personal testimony of how one couple overcame defeat and triumphed in God's plan! Jackie Mize had been told she could never have children. However, by unlocking powerful truths and dynamic faith principles she and her husband Terry found in the Bible, they now have four miracle children! This exciting book shares with you these truths and faith principles. You will learn these things: * How to put faith principles into action for your very own supernatural childbirth * How you can be a living example of God's promises in action * How to deal with fear during

pregnancy and delivery * How and when to use your faith for pregnancy and delivery Also included in *Supernatural Childbirth*: * Faith-inspiring testimonies from women who have followed these principles and experienced their own supernatural childbirth * Confessions and prayers for a supernatural conception, pregnancy, childbirth, and all circumstances surrounding each stage * A powerful teaching section by Terry Mize explaining the curse on Eve in the Garden of Eden **Supernatural Childbirth** Simon and Schuster Discover tried-and-tested techniques to help you relax during labour, including mindfulness, breathing exercises and visualization, so that you can have an empowering, positive birth. Birth is a natural and normal event and, while it can be unpredictable, this book will show you how you can make it a gentle and enjoyable experience. In *The Calm Birth Method*, hypnobirthing expert Suzy Ashworth helps you to build confidence in your body and its abilities, and shares practical techniques to support you so that, no matter what happens, you feel

prepared. Walking you and your birth partner through the whole process of birth preparation, Suzy explores:

- Why many women feel so scared of giving birth and how to eliminate these fears during pregnancy
- How relaxing your mind and body during birth transforms your physiology
- Practical tools and techniques to promote deep relaxation and mindfulness
- How to unify birth partners and care providers, to ensure the birthing environment is stress-free and has the most conducive set up for a calm and relaxing birth
- Breathing techniques and visualizations to help with the sensations of birth

Take the power back into your own hands so that you can learn to trust your body, and look forward to welcoming your child into the world with confidence.

Birth Without Fear

Katharine Publishing

No birth experience

necessary. You've Got

This is a simple, powerful childbirth toolkit, perfect for the birth partner, doula, and even mama herself. With more than 15 years as a doula and childbirth educator, Sara Lyon has distilled her wisdom into the 50 most

effective techniques for comforting a woman in labor. You've Got This is packed with detailed instructions, illustrations, birth stories, and practical advice. But don't tuck this book into your hospital bag just yet! Practice the techniques ahead of time, using the exercises to prepare for the birthing process long before labor even begins. Learn to combine techniques to address multiple senses at the same time, and then personalize the book by picking your favorites. You can even "like" them for easy reference during labor. You've Got This is truly indispensable for both you and your partner.

Your Baby, Your Birth

Independently Published

"Childbirth is not something to be feared ; it is a natural expression of life. In this practical guide, HypnoBirthing founder Marie Mongan explores the myth of pain as a natural accompaniment to birth"-- P. [4] of cover.

The Calm Birth Method

Rivertree Hypnosis Inst

Everything you need to

know to make

breastfeeding a joyful,

natural, and richly

fulfilling experience for

both you and your baby

Drawing on her decades

of experience in caring for pregnant women, mothers, and babies, Ina May Gaskin explores the health and psychological benefits of breastfeeding and gives you invaluable practical advice that will help you nurse your baby in the most fulfilling way possible. Inside you'll find answers to virtually every question you have on breastfeeding, including

- the benefits of breastfeeding
- nursing challenges
- pumps and other nursing products
- sleeping arrangements
- nursing and work
- medications
- nursing multiples
- weaning
- sick babies
- nipplephobia, and much more

Ina May's Guide to Breastfeeding is filled with helpful advice, medical facts, and real-life stories that will help you understand how and why breastfeeding works and how you can use it to more deeply connect with your baby and your own body. Whether you're planning to nurse for the first time or are looking for the latest, most up-to-date expert advice available, you couldn't hope to find a better guide than Ina May.

The Headspace Guide To...A Mindful Pregnancy
Random House
The classic guide to an

unmedicated childbirth, fully revised for the twenty-first century—with updated information and attractive new illustrations and photos throughout. For women birthing vaginally, 90% of Bradley births are drug-free! The Bradley Method®, used and praised by women for almost seventy years, prepares you for drug and surgery-free childbirth and puts you in control by providing the tools to navigate evidence-based care. Certified childbirth educator Susan McCutcheon, one of Dr. Bradley's first students, now makes this natural approach to childbirth more accessible than ever. You will learn:

- Exercises and nutrition to get your body ready for birthing
- To defuse fear by understanding all aspects of laboring
- How to involve your partner as a birth coach and a fully engaged participant
- What's driving the induction epidemic and how to avoid an unnecessary induction
- What's driving the cesarean surgery epidemic and how to reduce your risk
- How to get the information you need to make informed decisions about your birth

“The Bradley Method’s simple objective, through relaxation, breathing, and visualization, is a birth free of the interventions frequently offered to women in the different stages of childbirth: fetal monitors, drug-induced labor, anesthesia, episiotomy, and Caesarean section. (Its) other defining feature, the husband’s active participation in the delivery, is critical to this overall goal of an intervention-free birth.”—Mothering

Natural Hospital Birth 2nd Edition Createspace Independent Publishing Platform

In this easy-to-read and understand guide to birthing, Marie Mongan explodes the myth of pain as a natural accompaniment to childbirth and offers, at last, the answer to eliminating the anguish of labor.

[Prayers And Promises for Supernatural Childbirth](#)
Harper Collins

Childbirth can be an empowering and positive experience that you treasure for the rest of your life. Hypnobirthing teaches simple and gentle techniques that have a profound effect.

The First Forty Days
Anchor Books

Many mothers-to-be find themselves torn between choosing a natural childbirth with minimal medical intervention, and the peace of mind offered by instant access to life-saving technology that only a hospital can provide. Cynthia Gabriel, a doula who has attended hundreds of births and who advises hospitals on how to facilitate low-intervention childbirths, knows that new moms can have both. In this fully updated edition of her popular and pioneering book *Natural Hospital Birth*, Gabriel gives moms, as well as partners and even medical personnel, concise and reassuring guidance on how to have as natural a birth as possible in a hospital setting. Gabriel shows expectant mothers how to avoid unnecessary medical interventions, how to take the initiative and consciously prepare for the kind of birth they want, and how to prepare a birth plan to share with doctors and nurses at the hospital.

[Deeply Holistic](#) North Atlantic Books

The original guide by Marie Mongan, the creator of HypnoBirthing and founder of the global HypnoBirthing Institute.