



Meditations for Pregnancy: 36 Weekly Practices for Bonding with Your Unborn Baby

Michelle Leclaire O'Neill Ph.D. R.N.

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The relationship between mother and child begins the moment a woman learns she is pregnant. *Meditations for Pregnancy* is a beautiful tool for mothers-to-be to enhance that relationship, nurture their bodies through a healthy pregnancy, and focus their thoughts on a joyful birth experience.

Pregnancy can inspire an overwhelming host of emotions. A woman may feel excitement about the new life growing inside her, yet apprehension about the changes it will bring. Her body is expanding; her hormones are out of control. Everyone offers unsolicited advice. What she really needs is a way to calm her fears, center her thoughts, and focus her mind on her prenatal child.

Meditations for Pregnancy is written by an expert in pregnancy and birthing to provide guidance and comfort to the mother-to-be throughout the weeks of her pregnancy. For each week, beginning with the fifth, the book provides a thoughtful meditation that speaks to the specific needs and joys of that phase of pregnancy. Inspirational quotations and a short affirmation accompany each meditation, along with a brief description of the development of the growing fetus that week.

Best of all, an audio CD features a 20-minute guided meditation to calm the expectant mom's emotions. It is read by the author and accompanied by soothing music. *Meditations for Pregnancy* is a wonderful way for women to explore their feelings, calm their nerves, and bond with their babies-all in preparation for the transformative experience of birth.

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From reader reviews:

Kayla Merritt:

Playing with family inside a park, coming to see the water world or hanging out with good friends is thing that usually you may have done when you have spare time, subsequently why you don't try issue that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Meditations for Pregnancy: 36 Weekly Practices for Bonding with Your Unborn Baby, you could enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh come on its mind hangout folks. What? Still don't understand it, oh come on its named reading friends.

Charlie Smith:

Meditations for Pregnancy: 36 Weekly Practices for Bonding with Your Unborn Baby can be one of your beginning books that are good idea. Many of us recommend that straight away because this publication has good vocabulary that could increase your knowledge in terminology, easy to understand, bit entertaining but nevertheless delivering the information. The author giving his/her effort that will put every word into pleasure arrangement in writing Meditations for Pregnancy: 36 Weekly Practices for Bonding with Your Unborn Baby nevertheless doesn't forget the main place, giving the reader the hottest along with based confirm resource information that maybe you can be among it. This great information can drawn you into fresh stage of crucial contemplating.

Michael Pabon:

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Emma Peterson:

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