

Effective Birth Preparation: Your Practical Guide to a Better Birth



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Reviews

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(Delphine Lebsack)

EFFECTIVE BIRTH PREPARATION: YOUR PRACTICAL GUIDE TO A BETTER BIRTH



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Natal Hypnotherapy. Paperback. Book Condition: new. BRAND NEW, Effective Birth Preparation: Your Practical Guide to a Better Birth, Maggie Howell, In response to the success of the award winning "Natal Hypnotherapy CDs" and courses, founder Maggie Howell has published a complete guide to birth preparation. This informative, down to earth and inspiring guide takes the reader step by step through mental, emotional and physical preparation for birth. Based on her ground breaking work with thousands of women and birth professionals, the book explains why birth has become such a traumatic affair in our culture and how an individual woman can break out of this fear based birth culture and prepare for the birth in a positively and confidently. As world renowned Michel Odent states, 'This book is more than a guide book. It is a book about human nature with the Natal Hypnotherapy techniques helping to undo thousands of years of cultural conditioning. Unlike many of the books on pregnancy which are currently available, the guide focuses on emotional, mental as well as physical preparation, explaining what a woman can do to help herself such as relaxation, visualisation, self hypnosis and breathing'. As midwife Caroline Baddily says, 'How wonderfully refreshing to have a Birth Preparation book that focuses on feelings and emotions rather than on the technicalities of birth'. This is a complete how-to-deal-with fear toolkit for all pregnant women. In addition the book gives women and their partner's step by step practical guidance, tips and tools on how to practice and perfect these techniques for themselves. The reader is encouraged to practise each exercise, to complete the work book section of the book and to take ownership of, and personalise her own birth preparation. As one reviewer, Shona Kitchener said, 'This book is a pocket sized course & therapy...



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