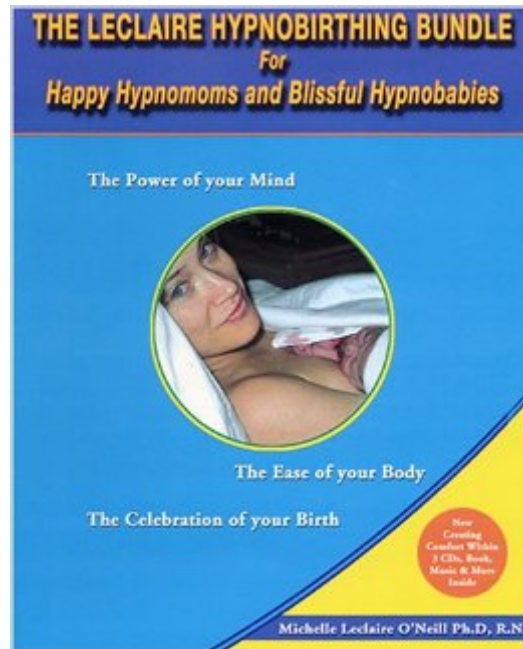


The book was found

The Hypnobirthing Bundle For Happy Hypnomoms And Blissful Hypnobabies



Synopsis

"Bringing peace to world one baby at a time" This simple, creative, original, and most effective method: - Encourages prenatal mothering and bonding - Helps you to have a calm, healthy, centered pregnancy and labor - Enhances your easy, natural, comfortable, and safe hypnobirth. (Even mothers who are planning an epidural or a c-section - find this easy method the best preparation for birth and postpartum recovery). Through our scientific and proven method, you can relax instantly and easily. With each Rhythmic Rising (formerly called contraction) you will relax and release more and more deeply. Only in The LeClaire Hypnobirthing Bundle will you learn how to prevent or stop pre-term labor naturally, how to change your unhealthy beliefs, how to create your pregnancy and postpartum health plan and how to prevent postpartum blues and depression. Join the growing number of mothers across the continents who have realized that the smartest beginning for you and your family is to begin at the very beginning. GIVE YOURSELF A HEALTHY PREGNANCY AND EASY SAFE HYPNOBIRTH. Bundle Contents: 1. "Creating Comfort Within: Hypnosis for Your Pregnancy" audio CD 2. "Birthing From the Inside Out: hypnosis for your labor" audio CD 3. "The Baroque Effect" music CD for pregnancy, labor, breastfeeding. 4. The book "Creative Childbirth" (the amazing, original Hypnobirthing book that started the movement) 5. Very special, simple, easy, and important worksheets that will increase the power of your mind over your emotions and fears - and ease your body through the celebration of your birth and postpartum.

Book Information

Audio CD

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Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #1,739,106 in Books (See Top 100 in Books) #912 in [Books > Books on CD > Health, Mind & Body > General](#) #994 in [Books > Self-Help > Hypnosis](#) #1816 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

Customer Reviews

I wanted a non-medicated birth because as a science geek I did my research when pregnant and

came to understand that epidurals contain powerful drugs that DO get into the baby's blood stream and DO affect newborns in significant and not fully understood ways. After my research I knew that I wasn't willing to risk my baby's welfare for temporary pain relief. I had also used self-hypnosis for sports performance in the past and knew it worked, so I decided to try it. The hypnobabies homestudy course really worked wonders for me. In some ways the thing I liked most about Hypnobabies was that it doesn't dictate that your labor will be a certain way or that you have to use certain techniques. Like several other reviewers I found that the tapes were incredibly useful at some parts of labor (during early labor and transition) but that I just turned them off when it was time to push because I wanted to be fully present and follow my gut feeling about what to do. I also found that the descriptions of how it would feel were very accurate sometimes -- and not at all at other times! But even when things didn't go as planned I felt that I had been provided with the tools to handle things with serenity and confidence and have as fast and easy a labor as was physiologically possible. In the end (because my water broke early and I had several days of exhausting 'pre-labor' before things kicked into gear) I had a long tough slog that required great endurance and tested me to the limit. But from the moment when I took the leap of faith, set my anxieties aside and truly started USING those self-hypnosis techniques I can honestly say it was pain-free. Or more accurately it was good pain.

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