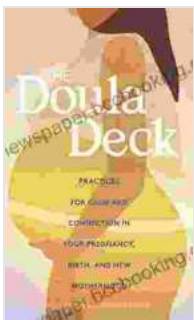


Practices For Calm And Connection In Your Pregnancy, Birth, And New Motherhood

Pregnancy, birth, and new motherhood are transformative experiences that can be both exhilarating and challenging. This book offers a unique and comprehensive approach to these experiences, providing practical tools and techniques to help you navigate them with calm and connection.



The Doula Deck: Practices for Calm and Connection in Your Pregnancy, Birth, and New Motherhood by Lori Bregman

★★★★☆ 4.7 out of 5

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|----------------------|-------------|
| Language | : English |
| File size | : 3496 KB |
| Text-to-Speech | : Enabled |
| Screen Reader | : Supported |
| Enhanced typesetting | : Enabled |
| Word Wise | : Enabled |
| Print length | : 171 pages |
| Lending | : Enabled |



Drawing on the latest research in mindfulness, meditation, yoga, and breathing exercises, this book offers a holistic approach to pregnancy, birth, and new motherhood. You'll learn how to:

- Reduce stress and anxiety during pregnancy
- Prepare your body and mind for a positive birth experience
- Bond with your baby during pregnancy and after birth

- Cope with the challenges of new motherhood
- Create a calm and connected home environment for your family

This book is essential reading for all women who are pregnant, planning to become pregnant, or have recently given birth. It is also a valuable resource for partners, family members, and friends who want to support women during these important times.

What's Inside?

This book is divided into three parts, each of which focuses on a different aspect of the journey from pregnancy to motherhood.

Part 1: Pregnancy

This part of the book provides tools and techniques to help you reduce stress and anxiety during pregnancy, prepare your body and mind for a positive birth experience, and bond with your baby during pregnancy.

Part 2: Birth

This part of the book provides guidance on how to prepare for a positive birth experience, including how to create a birth plan, choose a supportive birth team, and use natural pain relief techniques.

Part 3: New Motherhood

This part of the book provides support and guidance for the challenges of new motherhood, including how to cope with postpartum recovery,

breastfeed your baby, and create a calm and connected home environment for your family.

Testimonials

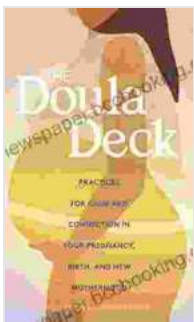
"This book is a must-read for all women who are pregnant, planning to become pregnant, or have recently given birth. It is full of practical tools and techniques that will help you navigate these transformative experiences with calm and connection." - Dr. Sarah Buckley, author of Gentle Birth, Gentle Mothering

"This book is a beautiful and comprehensive guide to pregnancy, birth, and new motherhood. It is filled with wisdom, compassion, and practical advice that will help you create a positive and empowering experience." - Ina May Gaskin, author of Spiritual Midwifery

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This book is available in paperback, ebook, and audiobook formats. Free Download your copy today and start your journey to a calm and connected pregnancy, birth, and new motherhood.

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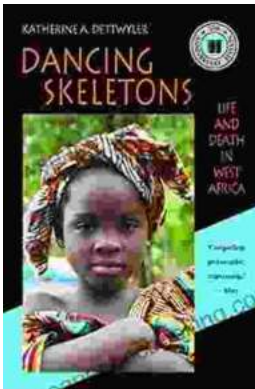
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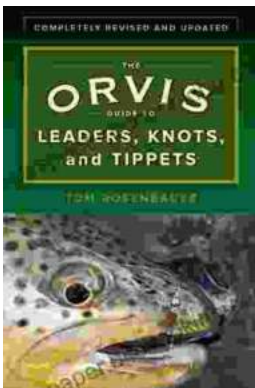
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