

# Hypnobirthing - Marie Mongan

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The breakthrough approach to safer, easier, comfortable birthing Childbirth is not something to be feared; it is a natural expression of life. HypnoBirthing is a celebration of life and embracing a natural birth, connection with your pre-born baby, will build a better understanding of your baby as a conscious little person who can interact with you, even before birth. Takes the panting and pain out of labour. Time magazine Marie Mongan explodes the myth of pain as a natural accompaniment to birth. It is the fear of pain, a fear that keeps the body tense and closed during birth, which must be released to allow the experience of a gentle birth. Relaxing the mind allows the body to work. The Gold Standard of Childbirth with Hypnosis The HypnoBirthing method is an act of nature and not medical manipulation. Using the HypnoBirthing exercises - positive thinking, visualisation, breathing and physical preparation - will lead to a happy and comfortable pregnancy. In turn, the confidence, trust and life-affirming nature of your birth will be a life-changing experience for the rest of the life of the new family. My dream is that every woman, everywhere, will know the joy of a truly safe, comfortable and satisfying birthing. Marie Mongan Marie Mongan is the founder of the HypnoBirthing programme and has helped over 10,000 couples to change their lives through its practice. Author: Mongan, Marie Publisher: Souvenir Press Illustration: N Language: ENG Title: HypnoBirthing Pages: 00256 (Encrypted EPUB) On Sale: 2007-04-01 SKU-13/ISBN: 9780285637719 Category: Health & Fitness : Health Care Issues

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