

Seven Secrets Of A Joyful Birth - Dominique Sakoilsky

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A wise and informative guide to preparing emotionally and psychologically for birth and early parenting. Working through the seven secrets is a brilliant way to address the deeper issues within yourself in a safe and simple way. It will free you to enjoy the unfolding, the transformation, the growing that is happening inside you. This process never stops in life. Yet in pregnancy it happens so profoundly and intensely as we integrate enormous changes, in our bodies, our feelings and our relationships in a relatively short span of time. Each of you - mother, father and baby - has a different set of challenges. The baby to be born from the womb into the world, the mother to be the giver of birth and the nurturer, the father to be the companion and protector, couple or single parent to become a healthy loving family. In this book Dominique Sakoilsky will help you to identify your own particular challenges. She will also give you all the practical guidance you need and an understanding of how birth happens, the amazing hormonal physiology that underlies the natural process in us humans, just as it does in other mammals. Author: Sakoilsky, Dominique Publisher: Silverwood Books Illustration: N Language: ENG Title: Seven Secrets of a Joyful Birth Pages: 00000 (Encrypted EPUB) On Sale: 2012-05-20 SKU-13/ISBN: 9781781320068 Category: Health & Fitness : Pregnancy & Childbirth

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