



# **The Mindful Mom-To-Be: A Modern Doula's Guide to Building a Healthy Foundation from Pregnancy Through Birth**

*Lori Bregman*

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## **The Mindful Mom-To-Be: A Modern Doula's Guide to Building a Healthy Foundation from Pregnancy Through Birth** Lori Bregman

Strengthening your own foundation is one of the very best beginnings you can give your child. In *The Mindful Mom-to-Be*, doula and pregnancy coach Lori Bregman guides you in your journey toward motherhood by empowering you to find what works best for you and your baby. In addition to concrete, prescriptive health information, including nutritional advice, natural remedies, developmental milestones, and techniques for labor, she offers simple and enjoyable spiritual and emotional exercises to help you prepare for motherhood. As Lori explains, you're not just birthing a baby; you're birthing yourself as a mom, too.

With month-by-month advice, comprehensive checklists, and customizable birth plans, this is your indispensable, holistic companion for pregnancy, birth, and beyond.

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Exactly why? Because this The Mindful Mom-To-Be: A Modern Doula's Guide to Building a Healthy Foundation from Pregnancy Through Birth is an unordinary book that the inside of the guide waiting for you to snap it but latter it will distress you with the secret the item inside. Reading this book close to it was fantastic author who else write the book in such remarkable way makes the content interior easier to understand, entertaining approach but still convey the meaning fully. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This excellent book will give you a lot of gains than the other book have such as help improving your proficiency and your critical thinking approach. So , still want to hold off having that book? If I were being you I will go to the book store hurriedly.

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