



Mindful Hypnobirthing: Hypnosis and mindfulness techniques for a calm and confident birth

Sophie Fletcher

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Hypnotherapist and experienced doula Sophie Fletcher shares with you the secrets to having a safe, natural and positive birth. Using a powerful combination of mindfulness, hypnosis and relaxation techniques, Sophie will ensure you feel genuinely excited and completely prepared for birth.

With stories from women who have successfully used the tools in this book, and downloadable hypnosis and relaxation tracks, discover how to:

- use your mind and body together to stay focused and in control
- draw on visualisation and breathing techniques to help birth progress
- feel positive and empowered, before, during and after you give birth

Reassuring, practical and based entirely on what works, *Mindful Hypnobirthing* is your essential guide to giving birth the way you want to.

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Playing with family in a very park, coming to see the sea world or hanging out with good friends is thing that usually you might have done when you have spare time, and then why you don't try issue that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Mindful Hypnobirthing: Hypnosis and mindfulness techniques for a calm and confident birth, you can enjoy both. It is good combination right, you still would like to miss it? What kind of hangout type is it? Oh come on its mind hangout guys. What? Still don't understand it, oh come on its called reading friends.

Brenda Moulton:

Is it anyone who having spare time subsequently spend it whole day by means of watching television programs or just telling lies on the bed? Do you need something totally new? This Mindful Hypnobirthing: Hypnosis and mindfulness techniques for a calm and confident birth can be the answer, oh how comes? The new book you know. You are and so out of date, spending your free time by reading in this brand new era is common not a nerd activity. So what these books have than the others?

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