



Hypnobirthing Experience: Insider's Guide to Safe, Healthy and Easier Childbirth (Paperback)

By Ashley Scott

Createspace, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Anyone considering natural birth options should take a good look in to this package (book + HypnoBirthing AudioScript). Ashley's approach to HypnoBirthing is known as very practical and simple. When used with AudioScript Meditation titled Fear Release that you receive with this book, women report fantastic results. Filled with lovely affirmations, beautiful Fear Release Meditation and this guide to Hypnobirthing has everything you need to decide if Hypnobirthing is right for you. Fact is that Hypnobirthing is not as much a technique as it is a philosophy - problem is that many o v e r c o m p l i c a t e it. Hypnobirthing is not a new concept, but rather a new way to look at the concept of birthing. It allows you to use the natural birthing muscles just as they were designed to work. When your body is sufficiently relaxed and you trust in the process, you will be able to allow the process of birth to occur naturally and effortlessly as it was designed to occur. This beautiful process helps you alleviate the fear and...



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