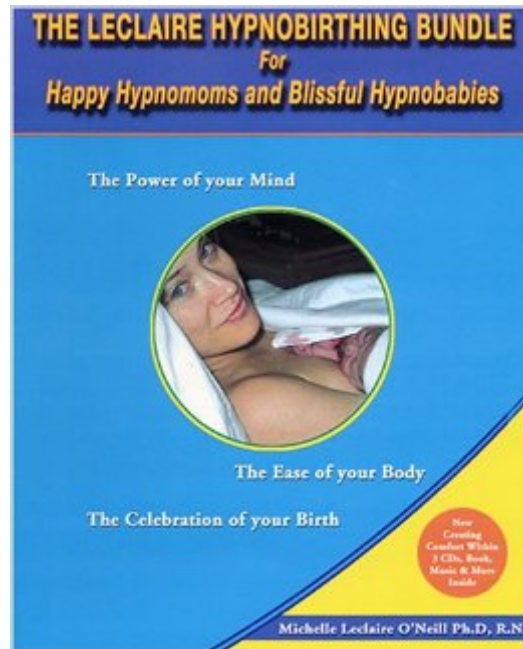


The book was found

# The Hypnobirthing Bundle For Happy Hypnomoms And Blissful Hypnobabies



## Synopsis

"Bringing peace to world one baby at a time" This simple, creative, original, and most effective method: - Encourages prenatal mothering and bonding - Helps you to have a calm, healthy, centered pregnancy and labor - Enhances your easy, natural, comfortable, and safe hypnobirth. (Even mothers who are planning an epidural or a c-section - find this easy method the best preparation for birth and postpartum recovery). Through our scientific and proven method, you can relax instantly and easily. With each Rhythmic Rising (formerly called contraction) you will relax and release more and more deeply. Only in The LeClaire Hypnobirthing Bundle will you learn how to prevent or stop pre-term labor naturally, how to change your unhealthy beliefs, how to create your pregnancy and postpartum health plan and how to prevent postpartum blues and depression. Join the growing number of mothers across the continents who have realized that the smartest beginning for you and your family is to begin at the very beginning. GIVE YOURSELF A HEALTHY PREGNANCY AND EASY SAFE HYPNOBIRTH. Bundle Contents: 1. "Creating Comfort Within: Hypnosis for Your Pregnancy" audio CD 2. "Birthing From the Inside Out: hypnosis for your labor" audio CD 3. "The Baroque Effect" music CD for pregnancy, labor, breastfeeding. 4. The book "Creative Childbirth" (the amazing, original Hypnobirthing book that started the movement) 5. Very special, simple, easy, and important worksheets that will increase the power of your mind over your emotions and fears - and ease your body through the celebration of your birth and postpartum.

## Book Information

Audio CD

Publisher: Papyrus Press; second edition (August 1, 2005)

Language: English

ISBN-10: 0963308785

ISBN-13: 978-0963308788

Product Dimensions: 9.3 x 6.8 x 1.4 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (8 customer reviews)

Best Sellers Rank: #1,739,106 in Books (See Top 100 in Books) #912 in [Books > Books on CD > Health, Mind & Body > General](#) #994 in [Books > Self-Help > Hypnosis](#) #1816 in [Books > Books on CD > Health, Mind & Body > Personal Growth](#)

## Customer Reviews

I wanted a non-medicated birth because as a science geek I did my research when pregnant and

came to understand that epidurals contain powerful drugs that DO get into the baby's blood stream and DO affect newborns in significant and not fully understood ways. After my research I knew that I wasn't willing to risk my baby's welfare for temporary pain relief. I had also used self-hypnosis for sports performance in the past and knew it worked, so I decided to try it. The hypnobabies homestudy course really worked wonders for me. In some ways the thing I liked most about Hypnobabies was that it doesn't dictate that your labor will be a certain way or that you have to use certain techniques. Like several other reviewers I found that the tapes were incredibly useful at some parts of labor (during early labor and transition) but that I just turned them off when it was time to push because I wanted to be fully present and follow my gut feeling about what to do. I also found that the descriptions of how it would feel were very accurate sometimes -- and not at all at other times! But even when things didn't go as planned I felt that I had been provided with the tools to handle things with serenity and confidence and have as fast and easy a labor as was physiologically possible. In the end (because my water broke early and I had several days of exhausting 'pre-labor' before things kicked into gear) I had a long tough slog that required great endurance and tested me to the limit. But from the moment when I took the leap of faith, set my anxieties aside and truly started USING those self-hypnosis techniques I can honestly say it was pain-free. Or more accurately it was good pain.

[Download to continue reading...](#)

The Hypnobirthing Bundle for Happy Hypnomoms and Blissful Hypnobabies HypnoBirthing, Fourth Edition: The natural approach to safer, easier, more comfortable birthing - The Mongan Method, 4th Edition Happy, Happy, Happy: My Life and Legacy as the Duck Commander Botanical Wonderland: A Blissful Coloring Retreat 2016 PLANNER Blissful Moments for Women Transform Your Life: A Blissful Journey One Bundle of Fun: Turn Any Bundle, Roll, or Pack into a Great Quilt Happy Herbivore Holidays & Gatherings: Easy Plant-Based Recipes for Your Healthiest Celebrations and Special Occasions (Happy Herbivore) Whole Health for Happy Cats: A Guide to Keeping Your Cat Naturally Healthy, Happy, and Well-Fed (Quarry Book) Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Convex Analysis and Minimization Algorithms II: Advanced Theory and Bundle Methods (Grundlehren der mathematischen Wissenschaften) Grammar of the Shot, Motion Picture and Video Lighting, and Cinematography Bundle: Grammar of the Shot, Second Edition 2nd (second) Edition by Bowen, Christopher J., Thompson, Roy published by Focal Press (2009) Amish Romance 15 Book Box Set: Amish Faith and Love: Sweet, Clean, and Inspirational Book Bundle Bundle: Security Strategies in Linux Platforms and Applications with

Labratory Manual For ITT IS3440 Bundle: Illustrated Microsoft Office 365 & Office 2016: Introductory, Loose-leaf Version + SAM 365 & 2016 Assessments, Trainings, and Projects with 1 MindTap Reader Multi-Term Printed Access Card Bundle: Shelly Cashman Series Microsoft Office 365 & Office 2016: Introductory, Loose-leaf Version + SAM 365 & 2016 Assessments, Trainings, and ... MindTap Reader Multi-Term Printed Access Card Bundle: Understanding Nutrition, Loose-leaf Version, 14th + Diet and Wellness Plus, 1 term (6 months) Printed Access Card Yellowstone and Grand Teton National Parks [Map Pack Bundle] (National Geographic Trails Illustrated Map) Step by Step Investing Bundle (4-Book Set): Your Complete Investing Strategy for Stocks and Bonds in Four Investing Books Operation E-Commerce: Start an E-Commerce Business and Quit Your Day Job in 6 Months or Less (3 Book Bundle)

[Dmca](#)