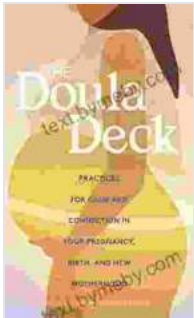


Practices For Calm And Connection In Your Pregnancy, Birth, And New Motherhood



The Doula Deck: Practices for Calm and Connection in Your Pregnancy, Birth, and New Motherhood by Lori Bregman

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3496 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 171 pages
Lending	: Enabled



Pregnancy, birth, and the early months of motherhood are a time of great change and transition. It can be a time of joy and excitement, but it can also be a time of stress, anxiety, and overwhelm. This book provides practical tools and guidance to help you navigate these challenges with greater calm and connection.

Chapter 1: The Power Of Mindfulness

Mindfulness is the practice of paying attention to the present moment without judgment. It can help you to reduce stress, anxiety, and overwhelm. It can also help you to connect with your body and your baby, and to experience the present moment more fully.

This chapter will introduce you to the basics of mindfulness and provide you with simple practices that you can use in your daily life.

Chapter 2: Yoga For Pregnancy And Birth

Yoga is a gentle and effective way to stay active during pregnancy and prepare for birth. It can help to strengthen your body, improve your flexibility, and reduce stress and anxiety.

This chapter will provide you with a series of yoga poses that are safe for pregnancy and birth. You will also learn how to use yoga to manage common pregnancy discomforts, such as back pain, nausea, and fatigue.

Chapter 3: Meditation For Pregnancy And Birth

Meditation is a powerful tool that can help you to reduce stress, anxiety, and overwhelm. It can also help you to connect with your inner wisdom and to prepare for the challenges of pregnancy and birth.

This chapter will introduce you to the basics of meditation and provide you with simple meditations that you can use in your daily life.

Chapter 4: Self-Care For Pregnancy And Birth

Self-care is essential for maintaining your physical and emotional well-being during pregnancy and birth. It includes taking care of your physical needs, such as eating healthy foods, getting enough sleep, and exercising regularly. It also includes taking care of your emotional needs, such as spending time with loved ones, doing things that you enjoy, and finding time for yourself.

This chapter will provide you with tips for self-care during pregnancy and birth. You will learn how to create a self-care plan that meets your individual needs.

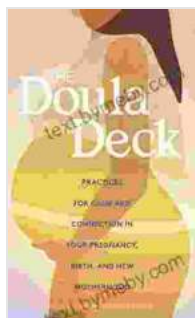
Chapter 5: The First Months Of Motherhood

The first months of motherhood can be a challenging time. It is a time of great change and adjustment. You are learning how to care for a new baby, while also recovering from birth and adjusting to your new role as a mother.

This chapter will provide you with practical tips and guidance for the first months of motherhood. You will learn how to care for a newborn baby, how to cope with the challenges of motherhood, and how to find support.

Pregnancy, birth, and the early months of motherhood are a time of great change and transition. This book provides practical tools and guidance to help you navigate these challenges with greater calm and connection. By practicing the techniques in this book, you can create a more positive and fulfilling experience for yourself and your family.

Free Download your copy of Practices For Calm And Connection In Your Pregnancy, Birth, And New Motherhood today!



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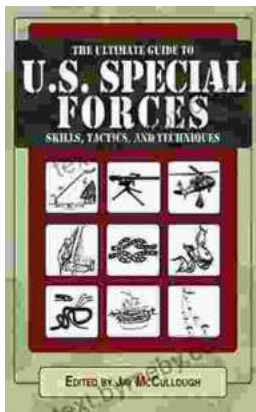
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