



The Mindful Way through Pregnancy: Meditation, Yoga, and Journaling for Expectant Mothers

Anne Cushman, Mimi Doe, Judy Leif, Jennifer Brilliant

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Pregnancy is a time of wonder and of momentous change, both emotionally and physically. For many women, it is a time like no other in their lives, filled with excitement and awe but also with great uncertainty and vulnerability. This book-and-audio program brings together writings and simple daily practices for bringing the transformative power of mindfulness to this special time.

The Mindful Way through Pregnancy features:

- Yoga and meditation teacher Anne Cushman on finding balance amid the emotional ups and downs of pregnancy
- Author Celia Straus on bonding with your child during pregnancy
- Yoga teacher Jennifer Brilliant on caring for your changing body
- Meditation teacher Judith Lief on calming your fears about childbirth and parenthood
- Author Mimi Doe on setting your intentions for parenthood
- Zen teacher Karen Maezen Miller on mindfulness and the childbirth experience

Also included is an audio CD of guided meditation instruction for four simple meditation practices for expectant mothers. Drawn from the Buddhist tradition, these practices offer different ways to develop a sense of calm well-being throughout pregnancy.

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Amber Orłowski:

The guide untitled The Mindful Way through Pregnancy: Meditation, Yoga, and Journaling for Expectant Mothers is the book that recommended to you to learn. You can see the quality of the guide content that will be shown to you actually. The language that publisher use to explained their ideas are easily to understand. The writer was did a lot of investigation when write the book, to ensure the information that they share to you personally is absolutely accurate. You also will get the e-book of The Mindful Way through Pregnancy: Meditation, Yoga, and Journaling for Expectant Mothers from the publisher to make you considerably more enjoy free time.

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