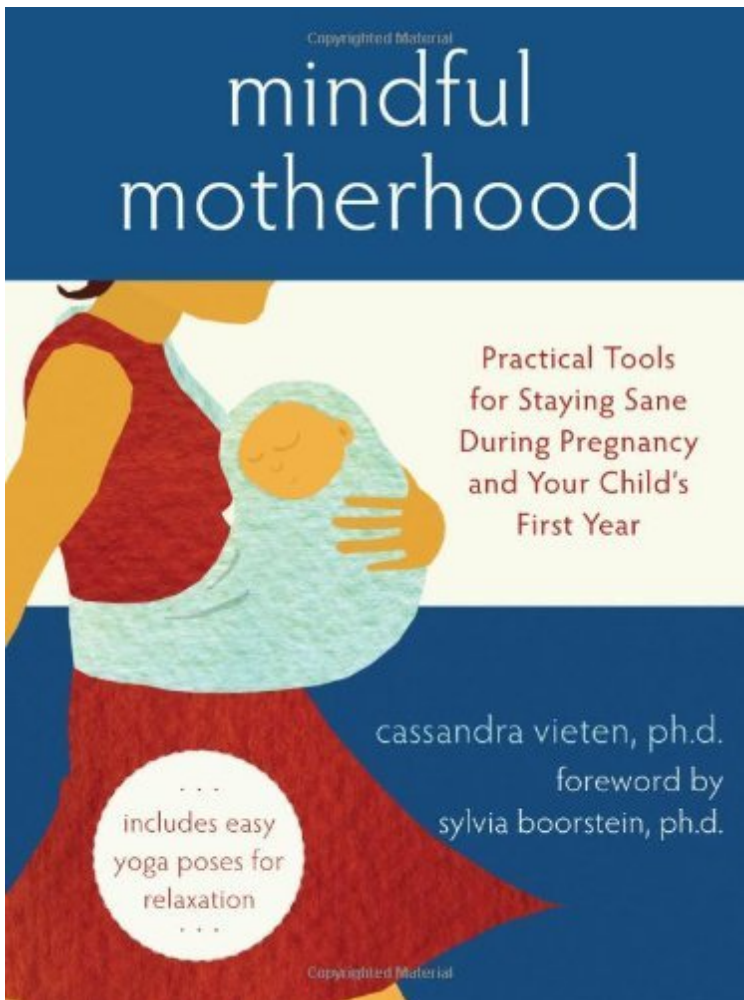


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Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child's First Year



Par Cassandra Vieten
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Prsentation de l'diteurFrom hormones to stretch marks, labor pains to diaper changes, motherhood is an adventure like none other. The rapid changes in your body, your lifestyle, and your very identity call for a certain mental agility. Mindfulness can help you meet the challenge and approach every experience with your new baby with open eyes and an open heart.Easy ten-minute meditation exercises and yoga poses throughout this book will help you cultivate greater flexibility and mindful awareness during pregnancy, childbirth, and your baby's first year. Whenever you have a moment to spare, open Mindful Motherhood and discover a skill that will help you find balance and fulfillment during those times when you feel most overwhelmed.Co-published with the Institute of Noetic Sciences (IONS).Mindful Motherhood contains what

so many other parenting books omit:: the consoling information that each mother has the ability to know, deep within, how to care for her child. Mindful Motherhood is a gem. -Christiane Northrup, MD, author of Women's Bodies, Women's Wisdom
Wise, soothing, and helpful-this is really good stuff for new mothers. -
Jack Kornfield, author of The Wise Heart