

# Hypnobirthing

Having a baby is one of life's greatest gifts, and the ability to create, nurture and eventually birth a brand new human being is nothing short of a miracle. Yet, when many women think about the actual process of giving birth, fear of pain (and how to avoid it) is at the forefront of their minds. Healthcare providers may be quick to offer drugs for pain relief or to take the edge off. And that is hypnobirthing. HypnoBirthing is a tried and proven method that guides and prepares a woman in giving birth in a peaceful and extraordinarily beautiful manner. It is a program that considers the psychological, as well as the physical, well-being of the mother, her birth partner, and the newborn, independent of context, whether that be in the quiet of a home, a hospital, or a birth center. This book will give you an overview of how hypnosis can work and how it helps expecting moms during pregnancy and birth. This book is not an instructional guide, rather an inspirational guide. I share many stories from real moms who used hypnosis during their pregnancy and births and how it helped them. Buy now.

"Move over, Lamaze. HypnoBirthers say their form of deep relaxation takes the panting and pain out of labor." -Time Magazine HypnoBirthing®: A Celebration of Life Childbirth is not something to be feared; it is a natural expression of life. With HypnoBirthing, your pregnancy and childbirth will become the gentle, life-affirming process it was meant to be. In this easy-to-understand guide, HypnoBirthing founder Marie Mongan explodes the myth of pain as a natural accompaniment to birth. She proves through sound medical information that it is not our bodies but our culture that has made childbirth a moment of anguish, and that when we release the fear of birth, a fear that is keeping our bodies

## Bookmark File PDF Hypnobirthing

tense and closed, we will also release the pain. HypnoBirthing is nature, not manipulation. It relaxes the mind in order to let the body work as it is designed. The HypnoBirthing exercises—positive thinking, relaxation, visualization, breathing and physical preparation—will lead to a happy and comfortable pregnancy, even if you are currently unsure of an intervention-free birth. Your confidence, trust and happy anticipation will in turn lead to the peaceful, fulfilling and bonding birth that is your right as a mother. More than 10,000 happy couples have had their lives changed for the better by HypnoBirthing. More than 500 news organizations—including Good Morning America, The Today Show, Dateline, The Richard & Judy Show, Time, Newsweek, Parenting and Better Homes & Gardens—have joined the movement for better birthing. Why is HypnoBirthing changing the way the world gives birth? That's simple. Because it works. The original guide by Marie Mongan, the creator of HypnoBirthing and founder of the global HypnoBirthing Institute.

Hypnobirthing a method of managing pain and anxiety during childbirth, involving various therapeutic relaxation techniques, such as deep breathing and visualization. Having a baby is hard work, and part of that work is getting through the pain. But don't panic. There are more ways than ever to manage that pain, and you don't have to choose just one. "The trick is to have as many tools in your bag as possible," says Kim Hildebrand Cardoso, a certified nurse-midwife in Berkeley, California, and a mother of two. Doctors and scientists have studied the benefits of meditation on pregnant women and they have shown that it can help moms-to-be throughout pregnancy and especially at birth. Moms who have high levels of stress or anxiety during pregnancy are more likely to deliver their babies at preterm or low birth weights. This book has been written to promote a natural birth and a painless

## Bookmark File PDF Hypnobirthing

birthing experience. A guide on hypnobirthing, facts, myth busting, and the different steps included in achieving it. The book elaborates on how to control your diet and what to include in it. How hypnobirthing works and what are the steps involved in it. The different exercises involved in the book help you practice hypnobirthing without any external help. From breathing exercises to elaborative visualization experience, the book includes everything you will require in this journey. Buy this book now

Feel calm and confident throughout your baby's first year  
Mindful Mamma is a reassuring and practical guide to help you to navigate the life-changing first year of motherhood. Using simple mindfulness and hypnosis techniques alongside MP3 tracks, you'll learn to:

- Create moments of calm whenever you need it – even at 4am with a restless baby
- Tackle challenges, such as fatigue and anxiety, and build mental resilience
- Connect with your baby and tune in to their world

Whether this is your first or fourth baby, Mindful Mamma is your essential toolkit to manage the physical, emotional and joyful chaos of motherhood.

HypnoBirthing is a celebration of life - through mindfully embracing a natural delivery you can discover a closer connection with your unborn baby. Birth can be joyful if you have confidence in yourself and your instincts. Marie Mongan shows you how to take control of one of the most important events of your life. Pain does not have to be the accompaniment to birth. The fear of pain can keep the body tense and closed, but HypnoBirthing will help you to let go of this fear. Once you have learnt how your body works, you can apply relaxation techniques to work with your body rather than against it. These simple methods for relaxing the mind during birth will provide you with the skills to make birth feel safe, calm and empowering. Using the HypnoBirthing method will lead to a happy and comfortable pregnancy and provide a

life-changing experience for the new family. Embracing HypnoBirthing helps to shorten birthing and recovery time. Better and earlier bonding with the baby helps babies sleep better and feed more easily in their first weeks.

Work out what kind of birth you really want, and learn how to maximise your chances of getting it, in this refreshing, warm and witty guide to pregnancy, birth and the early weeks. Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth room; from optimal cord clamping, to seeding the microbiome; from the inside track on breastfeeding, to woman-centred caesarean, The Positive Birth Book shows you how to have the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth centre, at home or by elective caesarean. Find out how the environment you give birth in, your mindset and your expectations can influence the kind of birth you have, and be inspired by the voices of real women, who tell you the truth about what giving birth really feels like. Challenging negativity and fear of childbirth, and brimming with everything you need to know about labour, birth, and the early days of parenting, The Positive Birth Book is the must-have birth book for women of the 21st century.

No matter how you birth your baby, feel calm and safe with hypnobirthing "This woman is a great healer and birth expert. This book will be brilliant." Russell Brand Your Baby, Your Birth is a truly modern hypnobirthing book for ALL births. In-demand hypnobirthing coach Hollie de Cruz provides you with the skills and tools to make any birth feel safe, calm, connected and empowering. Drawing on her experience working with new mums, including Fearn Cotton and Giovanna Fletcher, Hollie de Cruz helps you prepare for a positive (not 'perfect') birth experience and approach motherhood with confidence in yourself and your instincts.

## Bookmark File PDF Hypnobirthing

Your Baby, Your Birth will teach you: - That birth is safe - listen to your body, embrace the changes, prepare your mind and relax during pregnancy - Exercises and breathing techniques for labour and birth for you and your birth partner, along with guided meditations to keep you calm and engaged - How to trust your instincts, understand your body and baby, and make informed decisions throughout your pregnancy and beyond Hollie de Cruz, creator of the award-winning yesmum positive affirmation cards, is renowned for demystifying hypnobirthing and her down-to-earth, realistic approach is highly sought after. Whatever kind of birth you are planning, let Hollie de Cruz provide you with a set of deep relaxation, mindfulness and meditation tools for an empowering experience.

In Why Hypnobirthing Matters Katrina Berry dispels the common misunderstanding that hypnobirthing is a modern fad and explains how it can facilitate a calm and natural birth." The most remarkable natural childbirth technique to have been developed in decades. Marie Mongan takes the pregnant woman through the techniques and philosophy of a new form of gentle birthing. Drawing on self-hypnosis, guided imagery and special breathing techniques the Hypnobirthing Method can bring about a shorter, easier, more enjoyable birth, free of the drugs that can harm the mother and the baby. It also allows the mother to fully control her own birthing experience as the mother remains awake, aware and alert. HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. In fact, more than 25,000 books were sold in 2014 through the author's website alone, and according to Nielsen BookScan, over 70,000 were sold through reporting retailers since its publication in 2005. Here's why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces

## Bookmark File PDF Hypnobirthing

the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their infants sleep better and feed more easily when they haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women? And why do more than 40% of births now end in caesarian section, the highest percentage in history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body—tightening of the muscles, reduced blood flow to the birthing muscles, and the release of certain hormones—which increase the pain and discomfort of childbirth. This is not hocus-pocus; this is science.

In this easy-to-read and understand guide to birthing, Marie Mongan explodes the myth of pain as a natural accompaniment to childbirth and offers, at last, the answer to eliminating the anguish of labor.

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

## Bookmark File PDF Hypnobirthing

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 trauma that can sometimes accompany the process of birth. This guide will help you better understand what Hypnobirthing is all about so that you can ultimately make an informed decision as to whether Hypnobirthing is right for you. this book avoids any sort of complicated views and it is just simply 'neat and clean' approach, ready for anyone with sincere interest. Author has decided to provide everyone with simple and practical tools and this p a c k a g e (this book + HypnoBirthing Fear Release AudioScript Meditation) that definetly is!

Hypnobirthing is based on the idea that birthing does not necessarily need to be a painful process. It allows the mother to be properly relaxed and well prepared. Hypnobirthing is a completely natural process - one that you already have access to. Hypnobirthing allows you to use what is known as the Reticular Activating System, which is a cluster of nerve cells found deep in the brainstem. It has many roles, including the control of essential functions such as breathing and the daily rhythms of the body. Filled with valuable tips and tools, this guide will help you better understand how the process of Hypnobirthing works. In our society it is quite difficult to escape the social conditioning that typically surrounds childbirth. Much of the time childbirth is either portrayed as a trauma or a comedy depending on the movies or television shows you watch. What is not portrayed is the experience of

how beautiful and natural childbirth can be. The techniques learned in Hypnobirthing can help you in many areas of life, because they help you tap into your body's natural healing abilities. Starting with a brief introduction to Hypnobirthing, this guide will also provide you with a short history of childbirth and help you understand how hypnosis plays a role in this most important event in your life. From empowering yourself through the proper use of language to practicing visual, auditory and kinesthetic techniques, Hypnobirthing allows you to take back control. It allows you to be truly involved in your baby's birth, as opposed to letting the fear of the unknown take over. Filled with lovely affirmations and a beautiful Fear Release Meditation, this guide to Hypnobirthing has everything you need to decide if Hypnobirthing is right for you. With this informed consent, you can then make the right choice for you. We wish you the best of luck, in whatever birthing experience you choose.

Hypnotherapist and experienced doula Sophie Fletcher shares with you the secrets to having a safe and positive birth experience. Using a powerful combination of mindfulness, hypnosis and relaxation techniques, Sophie will ensure you feel genuinely excited and completely prepared for birth. With stories from women who have successfully used the tools in this book, and downloadable hypnosis and relaxation tracks, discover how to: - use your mind and body together to stay focused and in control - draw on visualisation and breathing techniques to help birth progress - feel positive and empowered, before, during and after you give birth

Reassuring, practical and based entirely on what works, Mindful Hypnobirthing is your essential guide to having a calm and confident birth experience.

Hypnobirthing gives you a quick, easy and natural pain free birth without drugs. Join mothers around the globe and discover the power of the most modern, comprehensive and

## Bookmark File PDF Hypnobirthing

complete Hypnobirthing Course worldwide. This step by step guide covers natural birthing, alternative options and best medical interventions. Your birth will be calm and easy. Discover your roadmap to a positive birth! A positive birth comes in many forms - for some it's an early effective epidural for another it's a serene water birth or a calm planned cesarean. What we know for sure is that a positive birth is defined by YOU - not your best friend, Mom or even your OB or Midwife. The award winning GentleBirth program combines brain science, birth science and technology so you can feel inspired, excited and uplifted every day of your pregnancy - and beyond! Every woman wants a safe, positive gentle birth - for themselves and for their baby. Midwife, GentleBirth Founder and positive birth expert Tracy Donegan shows you how as she guides you step by step including the following: Practical tools to prepare you and your partner for a positive birth - as defined by YOU! Use brain science to reduce pain and fear in labor. Discover the ultimate stress reduction toolkit of techniques of simple meditation, hypnosis and sport psychology. Train your brain for confidence and resilience - long after your baby arrives Learn breathing techniques that work. Navigate your options with confidence for a GentleBirth for you and your baby.

For most of their lives, women have suffered through excruciatingly painful and even traumatic birthing experiences; due to this, women almost always end up developing unprecedented fear before and during labor. This fearful mindset triggers tension in their bodies which negates their bodies from easily performing the most simple functions. This results in a self-fulfilling prophecy for the worst, creating a painful and extensive birthing experience. Until Hypnobirthing - a calm, safe and gentle birth experience seemed unattainable for the average person - through a basic understanding of self-hypnosis, low risk, healthy women can

## Bookmark File PDF Hypnobirthing

nullify all of the negative connotations surrounding childbirth, and instead are re-conditioned to see birth as a peaceful experience, where they are in total control of what will happen. After a hypnotherapy lesson, women will learn to trust their bodies and deliver this child into the world in a peaceful and calm way Nature intended.

Childbirth can be an empowering and positive experience that you treasure for the rest of your life. Hypnobirthing teaches simple and gentle techniques that have a profound effect.

A complete antenatal education programme that supports each individual woman and her birthing partner to prepare for their baby's birth in a way that feels right for them. "I have come away feeling much more positive - and dare I say it - even excited about the birth." Katy Bailey, Hypnobirthing Mum 2018 Most of the women explore hypnobirthing because they feel scared and anxious about how they will cope during childbirth. This hypnobirthing programme will help you understand the connection between your mind and body, and how to get them working together in the best way possible for your labour. Using your unique code within the book, you can access your Online Birth Tool Kit which contains 7 MP3's, educational videos and birth planning templates to prepare you for birth. With these valuable resources included, you will feel like Lucy is with you every step of the way. Author Lucy Livesey is a dual trained Hypnobirthing specialist and mental health nurse, enabling her to combine both her pregnancy expertise, and stress, worry and anxiety specialisms into one bespoke specialist antenatal programme. Lucy has written this purposefully succinct programme to ensure you have a clear understanding of how to proceed with your practical preparations for birth. "When delivering my programme, it was important to ensure my hypnobirthing couples didn't find themselves overwhelmed with a long-winded drawn-out book." Lucy Livesey (Author) You'll learn how to relax

## Bookmark File PDF Hypnobirthing

emotionally and physically and how to plan for success no matter what path your birthing takes. Along with practical birth planning, your birth partner's role and so much more, you can be sure that you are receiving the best possible education on how to birth your baby feeling calm, relaxed and in control. Whilst we focus on birth being a natural event, hypnobirthing isn't about having a 'natural' drug free birth or one without intervention, it's about having the tools and techniques to help you make the right choices for you on the day. "Just completed our hypnobirthing course with Lucy today and we are not only feeling more calm about the birth, but looking forward to it." Louise Farricker, Hypnobirthing Mum 2018 "Realising that childbirth didn't have to be painful and traumatic, and that this was usually the result of fear and stress really changed my perceptions on childbirth." Rick Livesey, Hypnobirthing Dad 2018 "The course teaches you how to stay positive throughout labour no matter what happens." Ela Kaminska, Hypnobirthing Mum 2018 "Would absolutely recommend for every pregnant couple." Claire Byrne 2018

"Birth is a natural and normal event and, while it can be unpredictable, this book will show you how you can make it a gentle and enjoyable experience. In The Calm Birth Method, hypnobirthing expert Suzy Ashworth helps you to build confidence in your body and its abilities, and shares practical techniques to support you so that, no matter what happens, you feel prepared."--Back cover.

The Hypnobirthing Book An Inspirational Guide for a Calm, Confident, Natural Birth Katharine Publishing

You know having a baby will be life-changing so you might be preparing yourself by attending classes and Googling just about everything to do with childbirth. You might also be thinking about alternative pain relief methods and labor techniques, like hypnobirthing. Hypnobirthing is gaining

## Bookmark File PDF Hypnobirthing

popularity as some say it's a way of birthing gently and calmly. Some people even suggest it allowed them to give birth without medication. So if you're wondering what hypnobirthing is all about, here we introduce you to this mysterious-sounding technique... This book explains ten indisputable reasons why hypnobirthing is the most effective birth preparation course. You will discover not only how the course informs you about everything you need to know about late pregnancy, labor, and birth, but that it also shows the importance of choosing the right birth partner and educating them to be able to support you correctly during this amazing and miraculous journey. If you are looking to achieve the birth that you want, but you feel that you don't have all the information, resources, and confidence to pursue this, this book will show you that a hypnobirthing course will help pull all these elements together, so that you can create the positive birth experience that you want.

The breakthrough approach to a safer, easier, more comfortable birthing. HypnoBirthing® is a celebration of life, and does not need to be feared, in embracing a natural birth a mother will discover a closer connection with their pre-born baby and will build a better understanding of the baby as a conscious little person who can interact with you, even before birth. Marie Mongan explodes the myth of pain as a natural accompaniment to birth. Including techniques for relaxing the mind during birth allows the body to work. Using the HypnoBirthing® method will lead to a happy and comfortable pregnancy and provide a life-changing experience for the life of the new family.

With all of the modern conveniences that we have today, a lot of women are not willing to go through the natural process of giving birth as there are alternatives to it. "Hypnobirthing: An Introductory Guide" is a reminder that the process of natural childbirth can be extremely rewarding and that it does not

## Bookmark File PDF Hypnobirthing

have to be a stressful, heartrending experience. As more and more persons are taking things back to basics, hypnobirthing is making a comeback. It has become the way the many mothers want to bring their young one into the world. It takes a lot of pre-preparation but, at the end of it all, it is a wonderful experience. This beautiful process helps you alleviate the fear and trauma that can sometimes accompany the process of birth. This guide will help you better understand what Hypnobirthing is all about so that you can ultimately make an informed decision as to whether Hypnobirthing is right for you. this book avoids any sort of complicated views and it is just simply 'neat and clean' approach, ready for anyone with sincere interest. Hypnobirthing is based on the idea that birthing does not necessarily need to be a painful process. It allows the mother to be properly relaxed and well prepared. Hypnobirthing is a completely natural process - one that you already have access to. Hypnobirthing allows you to use what is known as the Reticular Activating System, which is a cluster of nerve cells found deep in the brainstem. It has many roles, including the control of essential functions such as breathing and the daily rhythms of the body. Filled with valuable tips and tools, this guide will help you better understand how the process of Hypnobirthing works. In our society it is quite difficult to escape the social conditioning that typically surrounds childbirth. Much of the time childbirth is either portrayed as a trauma or a comedy depending on the movies or television shows you watch. What is not portrayed is the experience of how beautiful and natural childbirth can be. The techniques learned in Hypnobirthing can help you in many areas of life, because they help you tap into your body's natural healing abilities. Starting with a brief introduction to Hypnobirthing, this guide will also provide you with a short history of childbirth and help you understand how hypnosis plays a role

in this most important event in your life. From empowering yourself through the proper use of language to practicing visual, auditory and kinesthetic techniques, Hypnobirthing allows you to take back control. It allows you to be truly involved in your baby's birth, as opposed to letting the fear of the unknown take over. Filled with lovely affirmations and a beautiful Fear Release Meditation, this guide to Hypnobirthing has everything you need to decide if Hypnobirthing is right for you. With this informed consent, you can then make the right choice for you. We wish you the best of luck, in whatever birthing experience you choose.

### HYPNOBIRTHING THE ORIGINAL METHOD

Mindful Pregnancy and Easy Labor Using the LeClaire Childbirth Method Through your use of the LeClaire Method you will learn how to: . Change your fears about pregnancy into positive thoughts and actions . Use mind/body techniques to bond with your fetus and enhance the nurturing of your baby . Experience labor and childbirth mindfully as calm, joyous, and pain-free . Establish a healthy and happy beginning for your child Simple strategies to reduce the pain, rekindle the joy, and recognize the power of giving birth! The highly successful LeClaire Method - the program for the twenty-first century that incorporates hypnosis and mindfulness helps you experience labor and childbirth calmly, joyously, and painlessly! Developed by Michelle LeClaire O Neill, a medical professional and mother, this holistic method draws on both modern science and ancient wisdom to present pregnancy as the glorious,

instinctive event it should be. The author's systematic approach gives you back control over your mind and body during childbirth when you may feel it slipping away. Through techniques including self-hypnosis, meditation, massage, and visualization, you learn to ease childbirth jitters, improve bonding between you and your baby, and facilitate your baby's peaceful, painless entry into the world. In addition, the LeClaire Childbirth Method can prevent unhealthy birth weight, ease the transition to breastfeeding, and create the healthiest possible environment for a new life! Good for all pregnancies and births (natural, medicated or C section). Michelle LeClaire O'Neill, Ph.D., R.N., has worked in psychoneuroimmunology for the past sixteen years. The originator of the LeClaire Childbirth Method, she works from her Mind Body Center and is the mother of three. The LeClaire Method . . . provides women with exactly what they need to know to reclaim their inborn ability to birth normally, joyfully, and easily.

3/4 Christiane Northrup, M.D., Author of *Women's Bodies, Women's Wisdom* Wonderful . . . the guide every expectant woman and her partner need to experience the miracle of life.

3/4 Susan Love, M.D., Author of *Dr. Susan Love's Hormone B*

Are you nervous about giving birth? Thanks to hypnobirthing, the first nine months before the birth, you will be in perfect balance with your body, mind, and baby! This course reveals the tools and

knowledge you need to have a fulfilling birth, with little to no pain. All of this you can do in the comfort of your own home and at your own pace. Over 85 percent of mothers who use this method, birthed naturally and easily, with most saying they were entirely comfortable throughout the birth and didn't even think of asking for pain medication. This hypnobirthing course will help you prepare positively for your amazing birth. It will help you embrace and understand the impact that your thoughts and fears can have on your experiences, specifically with your birth experience. Start this special journey now.

Maternity services and choices for labour and birth are fast evolving. Hypnobirth involves preparation for childbirth using tried and tested hypnotherapy techniques in harmony with midwifery best practices and increasing numbers of women are turning to the technique. Written by two experienced practitioners, this is the first evidence-based practice book for medical professionals on this subject. Chapters include coverage of: What hypnosis is and the history of hypnobirth The power of the mind and the effect of language Relaxation and breathing techniques The neocortex and hormones Birth partners, relationships, women's advocates and primary supporters Throughout the book the authors provide health professionals working in clinical midwifery practice with information and evidence-based findings to support the use of hypnobirth. The

book includes case studies, scripts and reflective questions to encourage a deeper understanding of the techniques and issues and to engage and inspire the reader. Hypnobirth is essential reading for midwives, obstetricians, student midwives, doulas and any practitioner involved in preparing and supporting pregnant women for labour.

As featured on BBC Radio 5 Live Birth is a feminist issue. It's the feminist issue nobody's talking about. Takes the pregnant woman through the techniques and philosophy of a new form of gentle birthing. This work draws on self-hypnosis, guided imagery and special breathing techniques the hypnobirthing method can bring about an easier birth, free of the drugs that can harm the mother and the baby.

Discover tried-and-tested techniques to help you relax during labour, including mindfulness, breathing exercises and visualization, so that you can have an empowering, positive birth. Birth is a natural and normal event and, while it can be unpredictable, this book will show you how you can make it a gentle and enjoyable experience. In *The Calm Birth Method*, hypnobirthing expert Suzy Ashworth helps you to build confidence in your body and its abilities, and shares practical techniques to support you so that, no matter what happens, you feel prepared. Walking you and your birth partner through the whole process of birth preparation, Suzy explores:

- Why many women feel so scared of giving birth and

how to eliminate these fears during pregnancy · How relaxing your mind and body during birth transforms your physiology · Practical tools and techniques to promote deep relaxation and mindfulness · How to unify birth partners and care providers, to ensure the birthing environment is stress-free and has the most conducive set up for a calm and relaxing birth · Breathing techniques and visualizations to help with the sensations of birth Take the power back into your own hands so that you can learn to trust your body, and look forward to welcoming your child into the world with confidence.

THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY WOMAN AND EVERY TYPE OF BIRTH. AS FEATURED ON DRAGONS' DEN.

'Siobhan manages to completely demystify hypnobirthing, making it accessible and relevant to all women and all births. This book will be a complete game changer and I will be recommending it to mums-to-be from now on' Sarah Turner, author of The Unmumsy Mum Expert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way women around the world approach and experience birth. Through her teaching she seeks to educate and empower women - and their birth partners - so that they can enjoy amazing and positive birth experiences, however they choose to bring their babies into the world. In this book, Siobhan debunks

common myths about hypnobirthing and explains why she believes it can make every type of birth a better experience - from a water birth at home to an unplanned caesarean in theatre. So, what is hypnobirthing? Essentially, it's a form of antenatal education, an approach to birth that is both evidence-based and logical. Hypnobirthing certainly doesn't involve being hypnotised; instead, it teaches you how your body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body (rather than against it), making birth more efficient and comfortable. Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout. By the time you finish this book you'll feel relaxed, capable and genuinely excited about giving birth.

Discover a modern holistic hypnobirthing book for every woman and every type of birth. This beautifully illustrated, practical guide to hypnobirthing provides you with the skills and tools to make any birth feel safe, calm, connected, and empowering - however you choose to bring your babies into the world.

Whether you're trying to get pregnant, just found out you're pregnant, or well into your third trimester, this birthing book completely demystifies hypnobirthing, making it accessible and relevant for any mom-to-be. Anthonissa Moger (The Hypnobirthing Midwife)

reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. This step-by-step guide enables you to embark on the benefits of hypnobirthing and create a safe space for you and your baby to return to time and again. Learn how to integrate body and mind throughout your pregnancy and birth with techniques such as deep relaxation, meditation, visualization, and breathwork exercises. Achieve the Birth You Want - For You and Your Baby Whether you're having a natural birth or assisted birth, this mindful pregnancy book will help every woman take control of their labor for a calm, connected, and positive birth. It's the perfect gift for expecting moms who are looking for advice and techniques for a stress-free pregnancy.

A guide to birth preparation. It takes the reader step by step through mental, emotional and physical preparation for birth. It explains why birth has become such a traumatic affair in our culture and how an individual woman can break out of this fear based birth culture and prepare for the birth in a positively and confidently.

**THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY WOMAN AND EVERY TYPE OF BIRTH.** 'Siobhan manages to completely demystify hypnobirthing, making it accessible and relevant to all women and all births. This book will be a complete game changer and I will be recommending

it to mums-to-be from now on' Sarah Turner, author of *The Unmumsy Mum* Expert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way women around the world approach and experience birth. Through her teaching she seeks to educate and empower women - and their birth partners - so that they can enjoy amazing and positive birth experiences, however they choose to bring their babies into the world. In this book, Siobhan debunks common myths about hypnobirthing and explains why she believes it can make every type of birth a better experience - from a water birth at home to an unplanned caesarean in theatre. So, what is hypnobirthing? Essentially, it's a form of antenatal education, an approach to birth that is both evidence-based and logical. Hypnobirthing certainly doesn't involve being hypnotised; instead, it teaches you how your body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body (rather than against it), making birth more efficient and comfortable. Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout. By the time you finish this book you'll feel relaxed, capable and genuinely excited about giving birth.

What you need to know to have the best birth

experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, Ina May's Guide to Natural Childbirth gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Filled with inspiring birth stories and practical advice, this invaluable resource includes:

- Reducing the pain of labor without drugs--and the miraculous roles touch and massage play
- What really happens during labor
- Orgasmic birth--making birth pleasurable
- Episiotomy--is it really necessary?
- Common methods of inducing labor--and which to avoid at all costs
- Tips for maximizing your chances of an unmedicated labor and birth
- How to avoid postpartum bleeding--and depression
- The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you
- The best ways to work with doctors and/or birth care providers
- How to create a safe, comfortable environment for birth in any setting, including a hospital
- And much more

Ina May's Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less

pain, and less medical intervention.

Enjoy a natural, positive, stress-free pregnancy.

Trimester by trimester, this beautiful book gives you safe yoga, meditation, natural remedies, nutrition, and hypnobirthing techniques to match your stage of pregnancy. Encouraging, practical advice from midwife and positive birth expert, Tracy Donegan, will help you to understand your body, relish your pregnancy, and bond with your growing baby.

Troubleshoot pregnancy aches and pains with appropriate exercises, quell morning sickness with natural remedies and food, bond with your baby through meditation and movement, and prepare your body and mind safely and healthily for childbirth using strengthening exercises and hypnobirthing techniques. Feel empowered to nurture and give birth to your baby with strength and confidence, and embrace your life as a new mum. "A must-read for all parents who want to create a healthier, more joyful, more peaceful world." - Deepak Chopra, MD

[Copyright: 31d01eb4cc85743de218e87d2e1b376d](#)