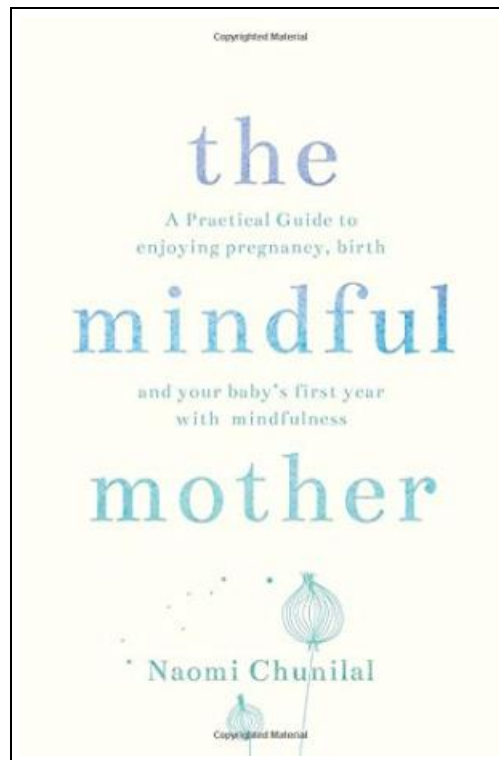


The Mindful Mother: A Practical and Spiritual Guide to Enjoying Pregnancy, Birth and Beyond with Mindfulness (Paperback)



Filesize: 3.79 MB

Reviews

Thorough information! Its this kind of good read. Yes, it is perform, continue to an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Loyal Grady)

THE MINDFUL MOTHER: A PRACTICAL AND SPIRITUAL GUIDE TO ENJOYING PREGNANCY, BIRTH AND BEYOND WITH MINDFULNESS (PAPERBACK)

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Watkins Media, United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. The Mindful Mother shows you how to experience your daily life as a mother with mindfulness. Helping you to be present, more positive and able to truly engage in your life-changing journey through pregnancy, childbirth and early motherhood. When you become a mother, you fall deeply in love with your child yet may also struggle to put the pieces of your life back together again with a young baby in toe. The Mindful Mother helps you to keep both feet firmly on the ground as you experience the joys and sorrows of having a baby or small child, helping you to accept, resolve, and grow into your new mothering role. It explores how to approach everyday mothering scenarios and dilemmas from a more mindful and calm perspective, giving you the mindfulness tools to live with greater self-awareness, contentment and fulfilment. Using clear mindfulness practices and techniques based upon Buddhist and Yogic principles, you can understand how your mind works, so you can support it to work with you, rather than against you. So now being a mother becomes a spiritual journey of self-discovery and inner growth, as you get to understand and know yourself more deeply in the reflection of getting to know your child. The Mindful Mother guides you to truly connect to, appreciate and fully live in each moment you share with your children and family, to truly enjoy being the mother you are. Speaking with down-to-earth wisdom, insight and humour to women's hearts, The Mindful Mother throws you a lifeline to: * Prepare and connect to your mind and body during pregnancy * Empower yourself to have a positive experience of childbirth * Cope and thrive through common daily mothering issues* Find...



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