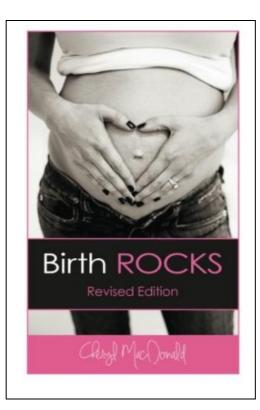
Birth Rocks (Paperback)



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Reviews

I just began reading this pdf. It is actually writter in straightforward words instead of hard to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding. (Jensen Bins)

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BIRTH ROCKS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.It doesn t have to be terrifying. You don t have to dread giving birth. In fact, the day you give birth can be the most amazing day of your life. The NEW Revised edition includes bonus chapters and a foreword by Doula and Birth Keeper, Nicola Goodall. Birth ROCKS(c) is the revolutionary childbirth preparation method that s been taking the world by storm. Created by YogaBellies founder Cheryl MacDonald, Birth ROCKS(c) is an approach to childbirth that s positive, honest and most importantly, unique to you. This book accompanies your personal journey though pregnancy and birth. The Birth ROCKS(c) Method helps you to understand your personal coping style in new or stressful situations; how to actively involve your partner in your birth and how to identify and release your fears of birthing. Birth ROCKS(c) will help you to: Look forward to childbirth with excitement and feel prepared for The Big Day; Learn from positive birth stories from other women, reinforcing the fact that birth can be most amazing experience of your life; Find out if hypnobirthing is the right comfort technique for you in birth and if not, then what your other options are; Allow you to birth comfortably and with minimal discomfort; Feel confident and positive about your choices during birth; Encourage your pregnancy and birth to progress smoothly and naturally To find out more about Birth ROCKS(c) or to find your nearest Birth ROCKS(c) mentor, please visit Women s health specialist, yoga elder and author, Cheryl MacDonald has worked as a Birth ROCKS(c) mentor to hundreds of women across the globe, including celebrities such as Kimberley Walsh (Girls Aloud) and Catherine Tyldsey (Coronation Street.) Cheryl, originally from...

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