

[PDF] Mindful Birthing: Training The Mind, Body, And Heart For Childbirth And Beyond

Nancy Bardacke - pdf download free book



Books Details:

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Author: Nancy Bardacke
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Description:

With *Mindful Birthing*, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting.

SOME OF THE BENEFITS OF MINDFUL BIRTHING:

- Increases confidence and decreases fear of childbirth
- Taps into deep inner resources for working with pain
- Improves couple communication, connection, and cooperation
- Provides stress-reducing skills for greater joy and wellbeing

American College of Nurse-Midwives' Best Book of the Year Award: 2014

National Parenting Publications Award: 2013

Mom's Choice Award: 2013

Greater Good Science Center's Top Ten Books: 2012

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