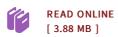




Fearless Birthing: Clear Your Fears for a Positive Birth (Paperback)

By Alexia Leachman

Mankai Media, 2017. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. Does the thought of childbirth scare you? Are you fearing the countdown to your due date? Discover a new birth preparation approach to help guide you from conception to childbirth with peace of mind. Have your pregnancy and birth fears left you stressed out and anxious? Are you looking for an alternative to hypnobirthing? Author Alexia Leachman used to feel the same way until she discovered a technique that helped her overcome her own fear of pregnancy and childbirth. Since sharing it through her award-nominated Fear Free Childbirth podcast, she s helped thousands of women to shift their mindset around birth, and now she s here to help you too! Fearless Birthing is your essential road map to confront and conquer the fears that stand between you and motherhood. Through Leachman s unique fear-clearance method, you ll learn how to mentally and emotionally prepare for the birth of your bundle of joy. By ridding your fears, you ll turn potential trauma into an empowering experience. In Fearless Birthing, you ll discover: The two types of fear surrounding childbirth and how to manage them...



Reviews

Very helpful to all of class of folks. This is certainly for all who statte there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Jayda Lehner Jr.

This written ebook is great. I was able to comprehended every little thing using this written e publication. I am very happy to tell you that this is the finest ebook i have go through during my individual existence and could be he greatest ebook for possibly.

-- Simone Goyette II

Relevant PDFs



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