

Un Comienzo Magico / Magical Beginnings, Enchanted Lives (Paperback)



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Reviews

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(Spencer Fay)

UN COMIENZO MAGICO / MAGICAL BEGINNINGS, ENCHANTED LIVES (PAPERBACK)



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DEBOLSILLO, Mexico, 2016. Paperback. Condition: New. Language: Spanish . Brand New Book. Guia imprescindible para todos los que quieren participar en el maravilloso proceso de traer una nueva vida al mundo. Su novedosa propuesta proviene de la confluencia de dos fuentes: la sabiduria ancestral de la Ayurveda, que hace enfasis en el cuerpo, la mente y el espiritu, y las investigaciones occidentales mas recientes sobre natalidad. Al integrar lo mejor de estas dos perspectivas diferentes, este maravilloso libro provee de las herramientas necesarias para asegurar que sus hijos sean mimados con pensamientos, palabra y acciones desde el mismo momento de la concepcion. ENGLISH DESCRIPTION Magical Beginnings, Enchanted Lives is rich in practical information, including strategies to help enliven the body intelligence of unborn babies by nourishing each of their five senses, as well as through Ayurvedically balanced nutrition and eating with awareness. Specific yoga poses and meditation techniques reduce the mother s stress and improve the infant s emotional environment, as do tips for conscious communication with a partner. Exercises prepare parents for the experience of childbirth itself, followed by natural approaches to dealing with the first weeks of parenting, from healing herbs to enhancing your milk supply to coping with postpartum depression.



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