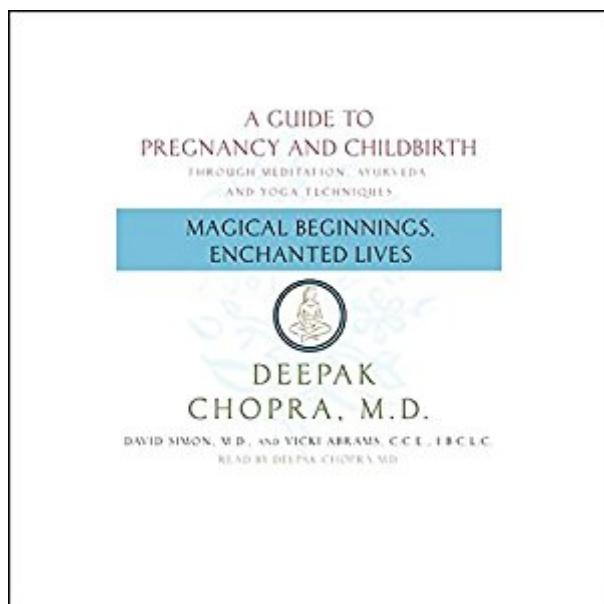


The book was found

Magical Beginnings, Enchanted Lives: A Guide To Pregnancy And Childbirth



Synopsis

Using exercises and techniques developed over ten years of teaching a popular series of workshops at the Chopra Center for Well Being, Dr Deepak Chopra shows readers how to see parenthood from a very different perspective. *Magical Beginnings, Enchanted Lives* uses meditation, yoga, dietary guidelines, natural remedies, visualization, journaling and drawing to enhance the experience of pregnancy and birth for both parents and baby. Also included are practical strategies to prepare the parents for labour and delivery, caring for the newborn child and enjoying parenthood. By applying established techniques from Deepak Chopra's internationally famous mind/body approach to the experience of pregnancy, childbirth and early infancy, *Magical Beginnings, Enchanted Lives* adds previously unexplored dimensions of physical health, joy and insight to elevate one of life's primal experiences to the realm of the miraculous. --This text refers to an alternate Audible Audio Edition edition.

Book Information

Audible Audio Edition

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Customer Reviews

If you are the type that likes to get in touch with your spiritual side, looking internally & having those deep moments within yourself through silence and meditation - then this book is for you. I found peace every time I read this book in stressful situations. It reminded me what was important, getting connected with the beautiful life growing inside of me & finding the most harmonious thoughts/feelings for a healthier/happier baby....

This is a wonderful book. I really like the information about how very important the mother's state of mind/control of emotions are in pregnancy. We are always told about the food we eat during pregnancy, but the importance of our thoughts and mental state is rarely mentioned. I highly recommend pregnant mommies to read this book--there are also many helpful meditations and activities that complement the book. It's also an inspiring read.

This book really helped me have a connection to my pregnancy right off the bat. It is more for the hippy or holistic type of people. So if you aren't into occasional meditation, incense, or essential oils, or if you are not open to those types of things, this book will be hard to read. For me, it actually put me to sleep some days. I think it is especially helpful for people who are high strung, or have anxiety like I do. It really has a calming effect on the reader. LOVED IT!

This book filled me with such light and peace. I'm amazed at the mindset that you can achieve from practicing the exercises in this book and honestly looking deep into yourself as you create a mindful pregnancy. I am much more aware and enlightened in my pregnancy now and highly recommend this book! If you really listen with your heart to the words written, you can have a conscious, mindful pregnancy and birth.

This book is everything I hoped it would be. I loved the visualization exercises, as well as the thoughtfully organized structure of the book. It was easy to read, and one of my top favorite pregnancy books so far, (and I've ordered a lot). Even my husband, who isn't as naturally mind or crunchy as I am, appreciated the holistic approach and explanations, and found that he learned things as well. Highly recommended.

Really enjoyed this book. Definitely helped build the baby and mom relationship. I can't wait to meet my little guy and see all that I manifested with the help of this book.

This gentle and deeply nourishing book is a must for all expectant parents! As a prenatal yoga teacher, it is at the top of my essential reading list for all my students. Rather than promoting a particular 'stance' on birth and birthing, it puts baby, mother and father/partner at its heart, offering deep wisdom which is simultaneously positive, practical and inspiring.

The book is great, very little wear. The product was a little dusty when I got it, but I cleaned it off.

easily and have not had any issues with it otherwise. Still deserves 5 stars for the quality of the writing and the price.

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