



Joyful Birth: A Spiritual Path to Motherhood (Includes 2 CDs)

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When we are pregnant, we receive an overwhelming amount of important dietary, medical, and even psychological advice. But within the tangle of doctor's visits, baby showers, and expanding waistlines, a miracle is occurring. Our bodies are giving rise to life. Our hearts are expanding till we fear they may break. The world seems both more real and less clear than ever before. Suddenly, perfectly, irrevocably, we are displaced out of the center of our own life. With gentleness, we can also explore these aspects of our pregnancy. *Joyful Birth* offers tools to do so.

Joyful Birth features illuminating essays from noted experts on spirituality and parenting. Also includes yoga instruction, aromatherapy suggestions, journaling exercises, and meditations, all geared toward pregnancy.

May these practices be of benefit.

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