

## Magical Beginnings Enchanted Lives A Holistic Guide To Pregnancy And Childbirth Deepak Chopra

Originally written in Marathi, ‘ Ayurveda Garbha Sanskar ’ is a book that serves as a guide to a couple who are looking to start a family, starting out by getting pregnant, giving birth to a healthy child and nurturing the little one. The book comprehensively provides people everything that a person wants to know about conceiving, pregnancy and delivery to nurturing the little one for up to 2 years of age. Not simply a book laden with known-lectures, rather this book can be seen as an elaboration of various ancient Ayurvedic practices that leads to the complete well-being of the mother and child’ s physical, spiritual and psychological health. It also advises on the traditional herb mixes, yoga, music and mantras that the new-mothers or the mothers-to-be may find helpful. Besides, this book also charts a nutritious Ayurvedic diet-plan for the couples to detoxify their bodies and be healthy in the right sense of the term. Once a mother conceives, she must be able to nourish and condition the little one in her womb. Likewise, this book also provides a month-by-month nutrition plan that helps in proper nourishment of the baby. Yoga and full-body herbal oil massages during pregnancy are also recommended for the mothers-to-be along with a list of health tonics prescribed in this book. In order to reach out to more people worldwide, this book has been translated in English, and is available in hardcover.

A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Over the last two decades, The Natural Pregnancy Book has ushered thousands of women through happy and healthy pregnancies. Addressing women’s health from conception to birth, Dr. Romm describes herbs that can promote and maintain a healthy pregnancy, and allays such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is integrative health advice based on Dr. Romm’s new credentials as a Yale-trained physician, combined with her twenty years of experience as a midwife and herbalist.

From preconception to birth - expert advice from the world’s leading website for parents, Babycentre Produced with Babycentre - the world’s leading parenting website - this up-to-the-minute guide to preconception, pregnancy, birth and the first few weeks with your baby, combines expert advice from health professionals with shared experience, suggestions and tips from parents, taken from the Babycentre online community. Information on what to expect at every stage of your pregnancy will help you make informed choices - from preconception to getting to know and look after your newborn. And a trimester-by-trimester guide tracks all the important milestones of pregnancy, covering antenatal care, maternal and foetal development. With top tips on practical care, understanding your emotions and a host of suggestions from other Babycentre mums who have been there too!

Having a baby can and should be one of the most joyful experiences of a woman’s life. While there are hundreds of books that provide information on how to ensure the development of a healthy baby, few of them dedicate more than a few pages to the nourishment of the mother herself during this physically and emotionally demanding time. It is rarely discussed, but women commonly experience a wide variety of ailments during the postpartum period, from depression to anxiety, backache, and loss of libido. A Natural Guide to Pregnancy and Postpartum Health is the first book by physicians that is devoted entirely to telling women how they can prevent postpartum problems and attain optimum health after the delivery of their babies. Elements of the program, which is meant to be adopted during-or, if possible, before-pregnancy, include diet, nutritional supplementation, exercise, hormone-balancing, the use of medicinal herbs, and conventional medications. Developed by the authors in clinical practice, this program has a proven track record in helping women to avoid and overcome postpartum difficulties.

Babycentre Pregnancy - from preconception to birth

A Modern Guide to Pregnancy, Birth, Early Motherhood—and Trusting Yourself and Your Body

The Mindful Mother

Magical Beginnings, Enchanted Lives

Birth Matters

A Guide to Pregnancy and Childbirth Through Meditation, Ayurveda, and Yoga Techniques

Guiding your Children to success and Fulfilment

A Midwife’s Manifesta

*Ayurveda, India’s ancient and holistic system of health, offers timeless wisdom on the sacred process of bringing life into this world. Ayurveda Mama offers ways to prepare your body, mind, and life before conception, and ways to nourish your little one throughout pregnancy including tips on diet, lifestyle, herbs and oils so that you experience vibrancy and vitality, growing your little one with love. You will feel prepared for your unique birthing experience, equipped with Ayurvedic techniques to invoke auspiciousness, balance, and ease. You will have the tools needed to assure that your Sacred Window, or postpartum period, is one of the most profound and memorable experiences of your life; assuring that you are deeply nourished and cared for so that you can care for your little one. You will learn about becoming a newborn mama, the real work of a mama, and how to care for your babe so that he knows, at the core of his being, that he is safe, the world is safe, and that he is deeply loved and wanted. Ayurveda Mama is for every mama, and for every woman who ever wants to become a mother.*

*Doulas empower mothers to plan for and secure the birthing experiences they want. Lindsey Bliss provides the resources for creating a sound birth plan and having a positive childbirth experience.*

*Birthing Mama offers a holistic approach to the transformative experience of pregnancy. Author Corinne Andrews, a yoga teacher since 2003 and creator of Birthing Mama® Prenatal Yoga and Wellness, guides women through each week of the nine-month journey, integrating body, mind, and spirit through reflection, yoga postures and breath practices, self-care activities, and creative projects. Whether expectant mothers are setting up a Pregnancy Altar to focus their hopes and dreams for the baby-to-be, writing a Pregnancy Affirmation Statement, blending an herbal tea formula, or breathing into mountain pose for strength and healing, they will find a blend of self-nourishment and self-discovery, contemplation, and celebration through Andrews’s gentle, empowering style.*

*From internationally renowned yoga teacher Gurmukh comes a book on pregnancy unlike any other. Bountiful, Beautiful, Blissful is a treasury of wisdom, information, and inspiration for pregnancy and motherhood based on the spiritual and physical practices of Kundalini yoga, which Gurmukh has taught for the last thirty years. With illustrated, step-by-step instructions, she teaches time-tested techniques, meditations, and exercises that will help you physically, mentally, and spiritually. In the timeless way that women have passed down wisdom surrounding birth and child rearing to one another for centuries, Gurmukh weaves folk stories and contemporary testimonials into a program designed to help you get profound results in the shortest possible time. The sections in this book cover each trimester of pregnancy as well as delivery and life with the baby. In her wise, gentle, and comforting voice, Gurmukh suggests meditations, exercises, and yoga positions to respond to the various needs of expectant and new mothers as you undergo dramatic body changes. Gurmukh also helps you explore and, when necessary, heal your own history and unconscious attitudes about pregnancy, birth, and parenting. In Bountiful, Beautiful, Blissful, Gurmukh gives you all the tools you need to have a healthy and happy pregnancy while increasing your connection to your partner and building compassion and prosperity. The ancient practices of yoga can lead you back to your own power as a woman, capable of more than you ever dreamed. All you need is a belief in the possibility of change and a commitment of as little as three minutes a day. Gurmukh has helped thousands of women and their families find fulfillment through the healing movements and meditations of Kundalini yoga--and she can help you, too!*

*Mystical Motherhood*

*The Seven Spiritual Laws Of Success For Parents*

*Mindful Pregnancy*

*Ayurveda Mama*

*A Natural Mind Body Program for Optimal Wellness*

*Birthing Justice*

*A Novel*

*Develop, Nurture & Embrace the Journey to Motherhood*

In this poetic memoir, which won the Pura Belpré Author Award, was a YALSA Nonfiction Finalist, and was named a Walter Dean Myers Award Honoree, acclaimed author Margarita Engle tells of growing up as a child of two cultures during the Cold War. Margarita is a girl from two worlds. Her heart lies in Cuba, her mother’s tropical island country, a place so lush with vibrant life that it seems like a fairy tale kingdom. But most of the time she lives in Los Angeles, lonely in the noisy city and dreaming of the summers when she can take a plane through the enchanted air to her beloved island. Words and images are her constant companions, friendly and comforting when the children at school are not. Then a revolution breaks out in Cuba. Margarita fears for her far-away family. When the hostility between Cuba and the United States erupts at the Bay of Pigs Invasion, Margarita’s worlds collide in the worst way possible. How can the two countries she loves hate each other so much? And will she ever get to visit her beautiful island again?

Book one of the New York Times–bestselling All Souls trilogy—“a wonderfully imaginative grown-up fantasy with all the magic of Harry Potter and Twilight” (People). Look for the hit TV series “A Discovery of Witches,” streaming on AMC Plus, Sundance Now and Shudder. Season 2 premieres January 9, 2021! Deborah Harkness’s sparkling debut, A Discovery of Witches, has brought her into the spotlight and galvanized fans around the world. In this tale of passion and obsession, Diana Bishop, a young scholar and a descendant of witches, discovers a long-lost and enchanted alchemical manuscript, Ashmole 782, deep in Oxford’s Bodleian Library. Its reappearance summons a fantastical underworld, which she navigates with her leading man, vampire geneticist Matthew Clairmont. Harkness has created a universe to rival those of Anne Rice, Diana Gabaldon, and Elizabeth Kostova, and she adds a scholar’s depth to this riveting tale of magic and suspense. The story continues in book two, Shadow of Night, and concludes with The Book of Life.

This book helps expecting parents to connect with and support their baby on a spiritual level during pregnancy. It is based on ancient Tibetan Buddhist wisdom but is written for modern readers, whether new to meditation or very experienced.

Pregnancy is an extraordinary time of transformation and a profound rite of passage that requires special care and guidance. The complementary tools and practices of Ayurveda and yoga have been used together for thousands of years to support a healthy body, balanced mind, and higher consciousness. With Yoga Mama, Yoga Baby, Margo Shapiro Bachman brings readers the first book to show how these "sister sciences" can support the miraculous journey of pregnancy. This thoroughly detailed guidebook shares practical and easy-to-apply teachings and information to help women experience pregnancy with radiant health and abundant joy, including: The basics of Ayurveda, yoga, diet, and lifestyle—cornerstone principles, basic terms and concepts, essential self-assessments, and more Month-by-month exercises and practices, including meditation, mantra, breathwork, asana, journaling, and massage Practical tips to encourage natural labor and delivery Guidance on staying healthy and happy in the precious first postpartum weeks with baby For women everywhere, Yoga Mama, Yoga Baby is an indispensable resource for treasuring every moment of pregnancy and blessing the mother and child with health, happiness, consciousness, and love.

The Practitioner’s Guide to Prenatal Yoga

Enchanted Air

A Natural Guide to Pregnancy and Postpartum Health

Gentle Birth, Gentle Mothering

Memories of Maryland’s Storybook Park

Grow Younger, Live Longer

Spirit Babies

A Doctor’s Guide to Natural Childbirth and Gentle Early Parenting Choices

A fun, friendly, fact-filled guide to get you through the many challenges of pregnancy, month by month. Becoming pregnant is hugely exciting, but with so many things to think about, it can also be overwhelming. Ease your worries with The Baby Bump, a comprehensive guide that offers expert and real-mom advice on surviving those all-important nine months. Featuring tips and advice on everything future moms really want to know—including what is safe to eat, how the baby develops week by week, and what to expect in the delivery room—this book is like chatting with a been-there, done-that best friend. The Baby Bump offers a wealth of fun features such as Birth Plan Checklists, a Kick Count Tracker, and a Work Your Wardrobe outfit assembly guide. It’s the must-have resource for any mom-to-be.

The first pre- and postnatal book geared specifically to experienced yoga practitioners—from an established author, with contributions from the leaders in the field. You’ve been practicing yoga for years. It is a part of the way you live, move, and breathe. And then . . . you get pregnant. Pregnancy can throw any woman a curve ball. Even established and experienced practitioners will likely find that their body, mind, and practice are challenged during pregnancy, birth, and motherhood. This book is the yoga practitioner’s companion through this period, offering practical advice, step-by-step asana sequences, pranayama practices, and meditation techniques, all of which are designed to help new mothers connect more deeply to th experience and prepare for their journey—physically, mentally, and spiritually. Grounded in both ancient wisdom and contemporary knowledge, Yoga Mama covers each trimester, labor and birth, and the postpartum years. The beautifully photographed sequences include modifications and suggestions to accommodate a growing belly and to address the concerns or challenges that may arise during this time. Holistic and ayurvedic medicine perspectives help women understand what is happening in their bodies at every juncture, and personal stories connect them to pregnant women everywhere. Through practice, self-reflection, and learning how to let go, yoga gives us the opportunity to be an active, informed participant in th birthing of our baby and a healthy, happy parent. Yoga Mama is the perfect companion for the experienced yoga practitioner during her pregnancy and on into motherhood. This pre- and postnatal book offers practical advice and inspiration, asana sequences, pranayama practices, and meditation techniques, all of which speak to and help new mothers connect more deeply to their experience and prepare for their journey--physically, mentally, and spiritually. Grounded in ancient wisdom and contemporary knowledge, the book covers each trimester, labor and birth, and the postpartum years. It includes:
• Flowing sequences that emphasize self-awareness and promote strength, flexibility, and balance
• Modifications that accommodate a pregnant woman’s growing belly, recalibrate her balance, and honor fluctuations in her energy levels
• Mini sequences for specific trimester challenges: morning sickness, fatigue, anxiety, low-back issues, etc.
• Asana, pranayama, and meditation practices designed to deeply connect mother and baby from the beginning of pregnancy through the postpartum years
• A dedicated section on the pelvic floor to encourage women to let go and prepare for labor and birth
• Special breathing techniques for labor that encourage natural childbirth
• Deeper practices and ancient teachings that can help women tap into their strength and create a prenatal and birthing experience that is empowering and unique
• Postpartum advice and sequences designed to help knit things back together, address postpartum challenges, and offer tips for bonding, nursing, self-care, and nutrition
• Information (from a Western holistic and ayurvedic perspective) on what is happening in the body at every juncture--prenatal, labor and birth, and postpartum
• Personal advice and stories from a wide array of pre- and postnatal experts With contributions from:
• Elena Brower: founder and director of Virayoga in New York City, prenatal teacher for YogaGlo.com, and author of Art of Attention
• Stephanie Snyder: teacher in San Francisco, pre- and postnatal teacher for YogaGlo.com
• Jane Austin: pre- and postnatal yoga teacher, midwife, childbirth educator, a director of Mama Tree prenatal teacher training programs in San Francisco
• Margi Young: OM yoga teacher in New York and San Francisco
• De West: pre- and postnatal yoga teacher and childbirth educator in Boulder
• Dustienne Miller: certified physical therapist and Kripalu yoga teacher in Boston
• Kate Hanley: OM yoga teacher, mind-body coach, and author of

The 28 Days Lighter Diet
• Melissa Billie Williams: pre- and postnatal teacher and director of Yoga Junction studio in Louisville, Colorado

A much-needed antidote to our modern, assembly-line approach to childbirth, this new book is designed as a guide for all who wish to participate in the wondrous process of bringing new life into the world. Its ideas derive from two sources: the ancient wisdom of Ayurveda, with its emphasis on body, mind, and spirit, and the latest Western scientific prenatal research. By integrating the best information from these two very different perspectives, this remarkable book gives readers the tools to ensure that our children are nourished by thoughts, words, and actions from the very moment of conception. 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. Inspiring, expansive, and remarkably informative, this unique book from acclaimed experts in mind-body medicine will profoundly enhance the experience of pregnancy and birth for both parents and baby.

There is a global crisis in maternal health care for black women. In the United States, black women are over three times more likely to perish from pregnancy-related complications than white women; their babies are half as likely to survive the first year. Many black women experience policing, coercion, and disempowerment during pregnancy and childbirth and are disconnected from alternative birthing traditions. This book places black women’s voices at the center of the debate on what should be done to fix the broken maternity system and foregrounds black women’s agency in the emerging birth justice movement. Mixing scholarly, activist, and personal perspectives, the book shows readers how they too can change lives at birth at a time.

Meditation, Yoga, Hypnobirthing, Natural Remedies, and Nutrition – Trimester by Trimester

Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation

Your Complete Guide to a Safe, Organic Pregnancy and Childbirth with Herbs, Nutrition, and Other Holistic Choices

Yoga Mama

AYURVEDIC GARBHA SANSKAR

Mindful Mama

Every Woman’s Guide to Choosing Less Pain and More Joy During Childbirth

Black Women, Pregnancy, and Childbirth

**When life goes sideways, embracing the adventure is the fastest way to set things right.One day I was just a widow facing the prospect of an empty nest, living a life that was anything but enchanted. The next, I had discovered my magical roots, and my rightful place as the Guardian of the portal between the Faery and Earth. There was shock. And there was fear. After all, no one plans to start over at forty-five. I intended to grow old with my husband. I thought we’d live an ordinary life. So I’ll be damned if I’m going to waste this opportunity to live in a world I always thought was imaginary. I’m half-witch, half-faery, and facing dangers as real as the ache in my bad knee. Ibuprofen and caffeine keep me going, and I could do this for the rest of my life. Whoever thinks my family home is an easy mark better take notice: the new Guardian in town isn’t going down without a fight.After all, she’s already learned to let go of her simple existence and believe in the extraordinary power inside of her. What could possibly stop her now?**

**With nearly 2 million books in print, this Little Apple series is H-O-T, hot. The SECRET is out -- DROON is the series that kids, parents, and teachers are talking about! There’s no place like home! Eric and his friends have finally restored the Rainbow Stairs, but that was the easy part. Now Gethwing is loose in the Upper World, and the Moon Dragon is causing big trouble. Eric, Julie, and Neal have to protect their town, but they’re up against mysterious creatures, strangely-behaving parents, and powerful magic. Can the kids stop Gethwing before he destroys the Upper World -- for good?**

**Introduces a healthful program for pregnant women with a regimen that combines the ancient wisdom of the Ayurveda with the latest Western medical research.**

**Deepak Chopra’s thoughts on spirituality and child rearing are original, profound and fascinating! BENJAMIN SPOCK, MD Deepak Chopra’s Seven Spiritual Laws of Success have touched a chord around the globe because of their simplicity and trust. This parenting book takes those laws one by one and explores the many ways parents can bring them into the lives of their children. Explaining that success depends on who you are rather than what you do, this world-renowned physician and author shows that spirituality lies at the source of all achievement in life. Suggesting ways that parents can help their children absorb this timeless wisdom from an early age, Deepak Chopra offers a daily programme of practical, thought-provoking ideas for the whole family to follow. In this way, parents can teach their children how to live in the most effortless, harmonious and creative way - and thus know true abundance throughout their lives.**

**Preparing for Pregnancy, Birth, and Your Postpartum Window**

The Art and Science of Pregnancy  
Your Essential Guide for Bump, Birth and Beyond  
A Loving Guide and Journal for Expectant Moms  
A Practical and Spiritual Guide to Enjoying Pregnancy, Birth and Beyond with Mindfulness  
How to Communicate with the Child You're Meant to Have  
A Complete Labor and Childbirth Companion for Parents to Be  
100s of Secrets to Surviving Those 9 Long Months

The first of its kind, this book will show mothers-to-be how to create an authentic practice of mindfulness to prepare for pregnancy, labour, birth and the early parenting years. Full of gems and aha moments using simple and helpful tools and practices to keep you connected to yourself while looking after your family' Nadia Narain, Head of Pregnancy Yoga, Triyoga, London "This is a book I highly recommend to mothers and mothers-to-be. It is like an insightful friend who understands deeply what becoming and being a mother really means' Janet Balaskas, Founder of Active Birth Chunal offers unparalleled support along with clear and simple meditation and self-development practices based on Buddhist and yogic philosophy to help cultivate a daily practice of mindfulness, which will enable you to be more present during pregnancy, birth and beyond. Having a child has the potential to awaken your heart and bring infinite joy, wonder and delight into your life. Yet when you become a mother, alongside immense delight and excitement, you may also feel a great deal of internal turmoil and confusion, as well as a change or lack of sense of identity. Organised into clear, thematic sections, this book can be dipped into for emergency inspiration or read from cover to cover. It explores common mothering dilemmas with honesty and integrity, helping you to keep both feet firmly on the ground. Issues include: adjusting to having minimal personal time and space, coping with in-laws, managing the balance between work and home, finding stimulation within an often tedious home routine, and dissolving doubts and comparisons with other seemingly happy families. Most of all, The Mindful Mother teaches you to understand your true nature, so your mind is working with you, rather than against you.

Combining Western and Eastern traditions, Mystical Motherhood, is your conscious guide to modern motherhood - from meditation and spirituality to a healthy pregnancy and birth - you will be guided step-by-step on how to raise your vibration and create a happy family from the time before conception to the early childhood years. Take a fabulous adventure into the "New Age" and learn how to integrate modern spirituality into your life with this practical, sophisticated and beautifully illustrated guidebook for new and experienced mothers who want a roadmap to awakening and healthy living. Inspired by consciousness shifting traditions, and her background in birth and medicine, Chelsea Wiley will take you by the hand to help you find personal enlightenment and create conscious children as you embark on your transformational journey to becoming a mother. As a woman, you have the power to make a major shift in the world. Mystical Motherhood will help you discover: - Ancient and alternative approaches to fertility - How to shift your mind and body to prepare for a baby - The transformative power of conscious conception - Energy boosting tools for a mindful pregnancy - The best ways to prepare for a safe and healthy birth - Ancient wisdom for a balanced postpartum period - The secrets to raising brilliant and magical children - Personal power in love, relationships, health and wellness Mystical Motherhood is packed with tips, exercises and step-by-step instructions on how to live a more fulfilled and happy life. Get a fresh take on ancient knowledge from the Kundalini Yoga heritage with 20 illustrated drawings, which guide you through integrating meditation into your life. Active mental and writing exercises will set you on the path to awaken the true potential within yourself and family.

A Delightfully Fun and Spiritual Journey Awaits You and Your Growing Baby Discover all the amazing things that can go right during your pregnancy—one week at a time. This interactive, hands-on book provides exercises, meditations, affirmations, crystals, flowers, and essential oils that support the changes both you and your baby go through each week. These tools are tailored to your child's stages of development, making it easy to choose the best ones. Mindful Mama helps you overcome challenges, relieve stress, and support your little one's growth into a strong, positive person. Each trimester, and even the first few weeks after birth, you'll explore tips and techniques that keep you joyful, enlightened, and connected to your baby. From harmonizing your chakras to removing spiritual toxins, this charming guide shows you how to mindfully and meaningfully nurture your child. Have a happy, rewarding pregnancy!

Enjoy a natural, positive, stress-free pregnancy. Trimester by trimester, this beautiful book gives you safe yoga, meditation, natural remedies, nutrition, and hypnobirthing techniques to match your stage of pregnancy. Encouraging, practical advice from midwife and positive birth expert, Tracy Donegan, will help you to understand your body, relish your pregnancy, and bond with your growing baby. Troubleshoot pregnancy aches and pains with appropriate exercises, quell morning sickness with natural remedies and food, bond with your baby through meditation and movement, and prepare your body and mind safely and healthily for childbirth using strengthening exercises and hypnobirthing techniques. Feel empowered to nurture and give birth to your baby with strength and confidence, and embrace your life as a new mum. "A must-read for all parents who want to create a healthier, more joyful, more peaceful world." - Deepak Chopra, MD

A New Age of Spiritual Pregnancy  
The Natural Pregnancy Book, Third Edition  
Sacred Pregnancy  
Top Teamwork

Master Team Building and Management at Your Workplace by Using the Skills Learned in This Book

Paranormal Women's Fiction

Spiritual Pregnancy

Nurture

*Follow the Hero's Journey from Pregnancy to Motherhood Filled with unique insights into the spiritual nature of pregnancy, this compassionate guide takes you, the expectant mother, and your loved ones along a "hero's journey" of discovery. Each trimester correlates to a stage of the epic journey where emotional, spiritual, and physical connections heighten your awareness of yourself and your unborn child. Through these stages, the mundane and everyday are elevated to the sublime and transformative. With their extensive training and experience in allopathic wellness and integrative medicine, Shawn A. Tassone and Kathryn M. Landherr have created a book full of guided meditations, journaling exercises, and spiritual traditions from a variety of cultures. Spiritual Pregnancy also includes yoga postures created by popular doula and pregnant-fit yoga instructor Jennifer (Wolfe) More for specific times throughout pregnancy. Praise: "Spiritual Pregnancy presents birth as the spiritual initiation it truly is. I highly recommend this deeply moving book."—Christiane Northrup, MD, New York Times bestselling author of Women's Bodies, Women's Wisdom and The Wisdom of Menopause ". . . the information shared by the authors will show future mothers how to unify the two lives within them during pregnancy."—Bernie Siegel, MD, author of Love, Medicine and Miracles "Spiritual Pregnancy is the best guide I know on developing, nourishing, and sustaining [the mother–infant bond]."—Larry Dossey, MD, author of Healing Words "Expert integrative obstetricians, [the authors] guide you through the traditions of the ancients, and illuminate the vibrant path to your own heroine's journey." —Victoria Maizes, MD, Executive Director of Arizona Center for Integrative Medicine "From the practical to the profound, I'm confident you will find what you are looking for within this book's pages. I highly recommend it."—Tieraona Low Dog, MD, Fellowship Director at University of Arizona Center for Integrative Medicine "Spiritual Pregnancy does an incredible job at marrying the physical and the spiritual . . . It will be a great resource to anyone having a baby and it makes me proud to be an ob-gyn." — Jeniffer Ashton, MD, leading medical correspondent for ABC and ob-gyn physician*

*The history of the Enchanted Forest is one of magical beginnings. When it first opened in 1955, Ellicott City's storybook land became the first children's theme park on the East Coast. Young visitors could climb aboard rides like the Little Toot tugboat, Mother Goose and Ali Baba or encounter animals like peacocks and burros. Upon its closing in 1989, Marylanders who cherished memories of the Enchanted Forest were deeply disappointed. However, many of the park's beloved figures were moved to nearby Clark's Elioak Farm, where they were restored and displayed to the delight of new generations. Even today, the farm is a popular destination that evokes the whimsical spirit of the iconic park. Local author Janet Kusterer and Martha Anne Clark of Elioak Farm trace the park's history through vintage images and interviews with the Harrison family, former employees and visitors. Join Kusterer and Clark to rediscover the magic of the Enchanted Forest.*

*Renowned for her practice's exemplary results and low intervention rates, Ina May Gaskin has gained international notoriety for promoting natural birth. She is a much-beloved leader of a movement that seeks to stop the hyper-medicalization of birth—which has lead to nearly a third of hospital births in America to be cesarean sections—and renew confidence in a woman's natural ability to birth. Upbeat and informative, Gaskin asserts that the way in which women become mothers is a women's rights issue, and it is perhaps the act that most powerfully exhibits what it is to be instinctually human. Birth Matters is a spirited manifesta showing us how to trust women, value birth, and reconcile modern life with a process as old as our species.*

*Two leaders in pregnancy yoga share useful yoga techniques to guide expectant mothers from bump to birth and beyond Authoritative yet thoroughly accessible, this user-friendly book provides yoga techniques for pregnancy and beyond, helping expectant mothers to deal with all the physical and emotional changes you experience along the way. Authors Tara Lee and Mary Attwood—both leaders in the field—explain the important fundamentals of pregnancy yoga, such as:*

- Using breathwork to relax your body and reduce stress
- Guided meditations and visualizations to help you feel calm and positive
- Illustrated step-by-step routines to energize you and relieve muscle tension and pain
- Beneficial postures for a range of common pregnancy-related conditions, including back pain, breathlessness, and swollen ankles
- Advice on preparing for labor and childbirth
- Post-natal exercises to get you back in shape and energized as a new mother

*Most importantly, Tara and Mary emphasize how every woman can take charge of her whole self to ensure a happy and healthy pregnancy and birth. The foreword by internationally celebrated Dr Gowri Motha, creator of the Gentle Birth Method, reinforces the message that pregnancy and childbirth is a positive experience to cherish and enjoy.*

*The First Book by Doctors That Really Addresses Pregnancy Recovery*

*The Enchanted Forest*

*Yoga Mama, Yoga Baby*

*Two Cultures, Two Wings: A Memoir*

*Ayurveda and Yoga for a Healthy Pregnancy and Birth*

*Ayurveda Pregnancy*

*Magical New Beginnings*

*Enlightened Pregnancy*

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." —Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes:

- Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment.
- More than 40 charming and helpful illustrations, charts, and lists can be found throughout.
- Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more.

Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

Here's what 5,000 years of medical wisdom have to say about pregnancy:Modern medicine has created a big rift between body, mind, and soul. For a long time, and even today, mainstream medicine has focused on the separation of each of the body's systems, studying and treating them independently from the whole. It's only recently that it started endorsing an idea that ancient medical practices understood all along. Our health is much more complex than one ailing part of our body and is, in fact, the sum of who we are, what we do, how we behave, and how we feel. You may be at this point in your life where you're ready to have a baby, but you're also looking for a way to have a healthy pregnancy both for you and your child. With a gentle and comprehensive approach to health, you may find everything you've been looking for within the teachings of Ayurveda. Ayurveda isn't only the science of holistic medicine but also of prevention. It'll allow for a healthier pregnancy, minimizing potential complications by looking at what you eat, how your environment promotes your wellbeing, mental health, and general lifestyle, and then making individualized plans to fit your physical and energetic needs. The body is smarter than you think, and its connection to natural laws has been quite undermined by modern medicine. The Wisdom of Healing, by David Simon, M.D., is an engaging, thoroughly practical guide to the many benefits of mind body medicine, in particular those derived from the ancient Indian medical system known as Ayurveda. In Ayurveda, David Simon has found a system based on individuality--on our unique responses to food, exercise, stress, medicine, surgery, and a wide range of external factors. By using the mind body questionnaire that begins on page 51 of The Wisdom of Healing, you can establish your own mind body type and find a daily routine that is ideally suited to creating optimal health for you. In these pages you will also learn how to use food as medicine; relaxation techniques; healing breath and neuromuscular exercises; techniques for detoxification, purification, and rejuvenation; and strategies for addressing such specific conditions as reproduction and pregnancy, aging, diabetes, heart disease, cancer, and chronic pain. Intermingled with medical advice is the story of the author's journey as a young medical student, his disappointment with the traditional emphasis on the mechanics of disease and diagnosis, and his discovery of a medical science that focuses on the patient in its strategies for achieving and maintaining optimal health. By integrating this book's information into your life you will become as nature intended--restored to optimal health in body, mind, and spirit, free to experience the joy in every moment.

THE FIRST COMPLETE, COMPREHENSIVE GUIDE TO PAIN RELIEF DURING LABOR AND DELIVERY Far too many expectant mothers find themselves unprepared when labor begins and natural techniques don't effectively manage the pain. This indispensable guide provides reassuring, proven approaches to combining medical and natural techniques to ensure the most comfortable pain-free labor possible. In Easy Labor, you'll discover

- what to expect during labor, and key factors that affect your comfort
- the facts on epidurals, safety concerns, and how effectively they reduce pain
- the pros and cons of pain-relief medications
- complementary and alternative methods, including water immersion, acupuncture, hypnosis, massage, and birth balls
- how your choice of hospital or birth center affects your pain-management options
- techniques to calm and eliminate the specific fears and stresses associated with childbirth

So relax and enjoy your pregnancy, with this important book by your side!

Ten Steps to Reverse Aging

A Holistic Guide to Pregnancy and Childbirth

Creating Balance and Harmony for Blissful Pregnancy, Childbirth, and Motherhood

The Moon Dragon (The Secrets of Droon #26)

The Doula's Guide to Empowering Your Birth

The Wisdom of Healing

Pregnancy Health Yoga

Birthing Mama

Am I Meant to Become a Parent? Why Can ' t I Conceive? What Is My Unborn Child Trying to Tell Me? In this reassuring, supportive, and accessible book, leading clairvoyant and medium Walter Makichen offers guidance to prospective parents eager to create a warm, nurturing environment for their soon-to-be-conceived-or-born children. Applying the wisdom and insights he has gained through twenty years of communicating with these spirit babies, Makichen helps you resolve issues about starting a family...actively participate in the psychic process of creating a child...and move past your worries and fears about becoming parents. From the seven essential chakras that link our body, mind, and spirit to why pregnant women are superpsychic, you ' ll discover:

- \* How to create the energy that nurtures spirit babies
- \* How to understand how past lives and chakras relate to your unborn child
- \* The conception contract – what it is and what it means for you and your child
- \* How karmic pairings affect conception and pregnancy
- \* Why miscarriages occur and what they can signify

Plus spirit babies and guardian angels...spirit babies and adoption...spirit babies and dreams...and much more Featuring inspirational examples of couples who are now happy parents, as well as breath exercises and healing meditations at the end of each chapter, Spirit Babies tells you everything you need to know to become the parent you were meant to be.

More and more parents-to-be all over the world are choosing the comfort and reassuring support of birth with a trained labor companion called a "doula." This warm, authoritative, and irreplaceable guide completely updates the authors' earlier book, Mothering the Mother, and adds much new and important research. In addition to basic advice on finding and working with a doula, the authors show how a doula reduces the need for cesarean section, shortens the length of labor, decreases the pain medication required, and enhances bonding and breast feeding. The authors, world-renowned authorities on childbirth with combined experience of over 100 years working with laboring women, have made their book indispensable to every woman who wants the healthiest, safest, and most joyful possible birth experience.

In today's western cultures, the typical pregnancy focuses on the baby to the exclusion of the woman herself, so that the entire experience has become more about preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all of the changes that creating a new life brings. Sacred Pregnancy was written to help the pregnant woman journey within herself to prepare for the birth of her baby. Sacred Pregnancy is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full gestation period of a pregnancy. With beautiful professional photos that correspond to each topic, Sacred

Pregnancy also features a journal space for the pregnant woman to record her thoughts and feelings. Each week the mother-to-be is given information on her baby, her body, and her spirit and is asked to reflect on these via the topic of the week, which touches on a variety of issues such as sexuality, fears about labor, becoming a mother, courage, rite of passage, adornment, body image, meditation, and sisterhood to name a few. Mothers-to-be are invited to look deeply at the issues unique to their journey and find a centered, peaceful place to live their pregnancy fully. Lastly, Sacred Pregnancy includes place for the new mother to record her birth story and a large resource section on various birthing options and supports for pregnant women. “ From the spiritual (how to visualize your perfect birth) to the practical (a large section on birthing options), this pregnancy journal is a spiritual adviser and supportive doula all in one. ” —Fit Pregnancy magazine For more information, visit the Sacred Pregnancy website.

An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthed her own four children. Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls "undisturbed birth" is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship.

Your Companion for a Holistic Pregnancy Journey with Week-by-Week Reflections, Yoga, Wellness Recipes, Journal Prompts, and More

Easy Labor

The Doula Book

A Discovery of Witches

The Baby Bump

Bountiful, Beautiful, Blissful

Connecting with Your Baby Spiritually

Feng Shui Mommy

Impending motherhood serves up a confusing cocktail of heroic strength and terrifying vulnerability. Our culture has seized on the “vulnerability” part of this experience and tends to reinforce a pregnant woman's insecurities instead of encouraging her to embrace this most natural time and trust her body, her intuition, and her own mind. Feng Shui Mommy takes a different approach, helping the expecting mother build her own unique, epic journey to motherhood. It's about supporting her while she shores up her mind-body-spirit alignment so she can best handle the cosmic kick in the uterus and juicy kiss on the soul that pregnancy is. Bailey Gaddis guides women through the experience, providing specific suggestions for mind, body, and spirit for each trimester (including the “fourth,” after birth), leading to birth preparation designed for each mother and baby, and culminating in strong mother-child bonding. She includes detailed and practical information about prenatal exercise and nutrition, birth preferences and birthing positions, breath work, breastfeeding, and much more. Her advice allows mothers to welcome delight and curiosity into the journey while taking each phase with purpose and calm — and even a sense of fun. This comprehensive guide makes challenge and change joyful, allowing new life to be as incomparably wonder-filled as it is meant to be.

In *Grow Younger, Live Longer*, Deepak Chopra, a pioneer in mind/body medicine, applies his decades of research and knowledge to actually reverse the aging process. This simple and practical step-by-step program designed by Dr. Chopra and his associate, David Simon, M.D., shows how it is essential to renew all dimensions of the self—the body, mind, and spirit—in order to feel and look younger. The ten-step program detailed in this book will immediately improve your sense of well-being, and the three Daily Actions accompanying each step will help you thoroughly integrate the age reversal process into your life. Learn how to maintain a youthful mind, cultivate flexibility, strengthen your immune system, nourish your body, and much more. As you begin to reverse your biological age, you will find yourself tapping into your inner reservoirs of unlimited energy, creativity, and vitality.

After years of moving from one orphanage to another following their parents' disappearance, Kate, Michael, and Emma learn that they have special powers, a prophesied quest to find a magical book, and a fearsome enemy.

Create a Happy and Conscious Family.: A Guidebook for Conception, Pregnancy, Birth and Beyond

The Emerald Atlas

How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth

Using Ayurveda for Optimal Pregnancy Health and Postpartum Recovery