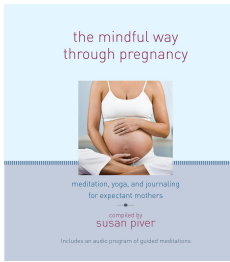


# YESFREERUNS.COM Ebook and Manual Reference

## THE MINDFUL WAY THROUGH PREGNANCY EBOOKS 2019



Author: Susan Piver, Anne Cushman, Mimi Doe, Judy Leif u0026amp; Jennifer Brilliant

Release Date: Lanzamiento previsto: @@expectedReleaseDate@@

Pregnancy is a time of wonder and of momentous change, both emotionally and physically. For many women, it is a time like no other in their lives, filled with excitement and awe but also with great uncertainty and vulnerability. This book-and-audio program brings together writings and simple daily practices for bringing the transformative power of mindfulness to this special time. u003cbr /u003eu003cbr /u003eu003ciu003eThe Mindful Way through Pregnancyu003cbr /u003eu003cbr /u003eu0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;Yoga and meditation teacher Anne Cushman on finding balance amid the emotional ups and downs of pregnancyu003cbr /u003eu003cbr /u003eu0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;Author Celia Straus on bonding with your child during pregnancyu003cbr /u003eu003cbr /u003eu0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;Yoga teacher Jennifer Brilliant on caring for your changing bodyu003cbr /u003eu003cbr /u003eu0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;Meditation teacher Judith Lief on calming your fears about childbirth and parenthoodu003cbr /u003eu003cbr /u003eu0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;Author Mimi Doe on setting your intentions for parenthoodu003cbr /u003eu003cbr /u003eu0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;u0026#xa0;Zen teacher Karen Maezen Miller on mindfulness and the childbirth experienceu003cbr /u003eu003cbr /u003eAlso included is an audio download of guided meditation instruction for four simple meditation practices for expectant mothers. Drawn from the Buddhist tradition, these practices offer different ways to develop a sense of calm well-being throughout pregnancy.

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