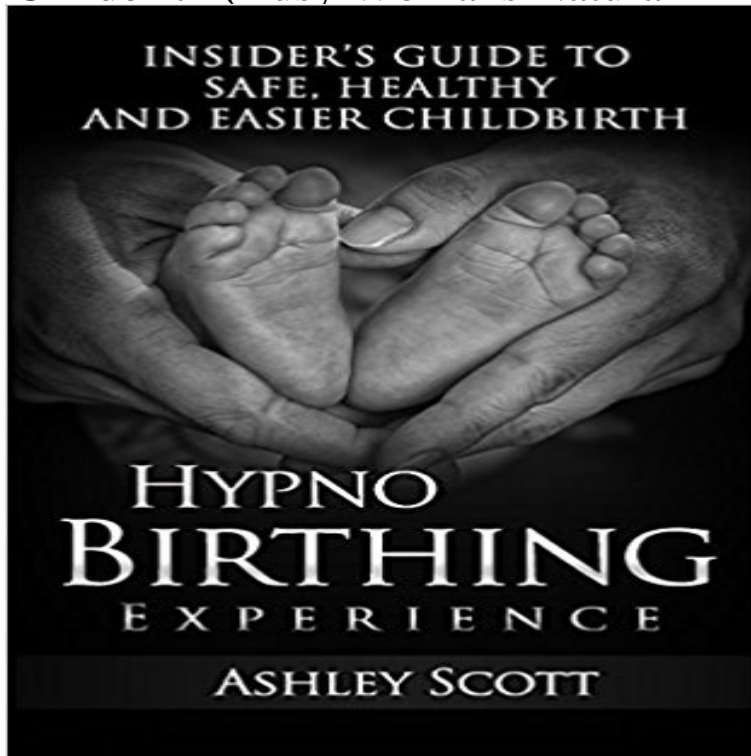


HypnoBirthing Experience: Insiders Guide to Safe, Healthy and Easier Childbirth (Busy Womans Natural Birth Series) (Volume 1)



Anyone considering natural birth options should take a good look in to this package (book + HypnoBirthing AudioScript). Ashley's approach to HypnoBirthing is known as very practical and simple. When used with AudioScript Meditation titled Fear Release that you receive with this book, women report fantastic results. Filled with lovely affirmations, beautiful Fear Release Meditation and this guide to Hypnobirthing has everything you need to decide if Hypnobirthing is right for you. Fact is that Hypnobirthing is not as much a technique as it is a philosophy - problem is that many overcomplicate it. Hypnobirthing is not a new concept, but rather a new way to look at the concept of birthing. It allows you to use the natural birthing muscles just as they were designed to work. When your body is sufficiently relaxed and you trust in the process, you will be able to allow the process of birth to occur naturally and effortlessly as it was designed to occur. This beautiful process helps you alleviate the fear and trauma that can sometimes accompany the process of birth. This guide will help you better understand what Hypnobirthing is all about so that you can ultimately make an informed decision as to whether Hypnobirthing is right for you. This book avoids any sort of complicated views and it is just simply neat and clean approach, ready for anyone with sincere interest. Author has decided to provide everyone with simple and practical tools and this package (this book + HypnoBirthing Fear Release AudioScript Meditation) that definitely is! Hypnobirthing is based on the idea that birthing does not necessarily need to be a painful process. It allows the mother to be properly relaxed and well prepared. Hypnobirthing is a completely natural process - one that you already have access to. Hypnobirthing allows you to use what is known as the Reticular Activating System, which is a cluster of nerve cells

found deep in the brainstem. It has many roles, including the control of essential functions such as breathing and the daily rhythms of the body. Filled with valuable tips and tools, this guide will help you better understand how the process of Hypnobirthing works. In our society it is quite difficult to escape the social conditioning that typically surrounds childbirth. Much of the time childbirth is either portrayed as a trauma or a comedy depending on the movies or television shows you watch. What is not portrayed is the experience of how beautiful and natural childbirth can be. The techniques learned in Hypnobirthing can help you in many areas of life, because they help you tap into your bodys natural healing abilities. Starting with a brief introduction to Hypnobirthing, this guide will also provide you with a short history of childbirth and help you understand how hypnosis plays a role in this most important event in your life. From empowering yourself through the proper use of language to practicing visual, auditory and kinesthetic techniques, Hypnobirthing allows you to take back control. It allows you to be truly involved in your babys birth, as opposed to letting the fear of the unknown take over. Filled with lovely affirmations and a beautiful Fear Release Meditation, this guide to Hypnobirthing has everything you need to decide if Hypnobirthing is right for you. With this informed consent, you can then make the right choice for you. We wish you the best of luck, in whatever birthing experience you choose.

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