



Peaceful Birth Peaceful Earth: How To Give Your Baby The Best Start To Life

Kate Tully

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Peaceful Birth Peaceful Earth is the new A-Z of Pregnancy, Natural Birth and Early Parenting. In this extraordinary book you will learn how to give your baby the best start to life and discover simple steps to give you and your baby the greatest chance of experiencing a beautiful, peaceful, natural birth that you actually enjoy! You will discover how to clear your fear surrounding birth and how to connect with your inner wisdom during labour and birth so that you find out how to produce the highest level of euphoric bonding hormones. Once you have clarity on the type of birth you would like to experience, this book will guide you to align your 10 Inner Areas so that you experience the smoothest birth experience possible. Research has proven that babies who are born without trauma have an intact capacity to love and trust. This book will show you how to gift your baby with the most gentle, peaceful, loving start to life. You only have one chance to gift your baby with a sacred beginning. Make it memorable for the right reasons.

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