

## Sacred Pregnancy: A Loving Guide And Journal For Expectant Moms

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 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 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 • P 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 Method, reinforces the message that pregnancy and childbirth is a positive experience to cherish and enjoy.

The first 40 days after the birth of a child offer an essential and fleeting period of rest and recovery for the new mother. Based on author Heng Ou's own postpartum experience with zuo yuezi, a set period of "confinement," in which a woman remains at home focusing on health baby, The First Forty Days revives the lost art of caring for the mother after birth. As modern mothers are pushed to prematurely "bounce back" after delivering their babies, and are often left alone to face the physical and emotional challenges of this new stage of their lives, th a lifeline—a source of connection, nourishment, and guidance. The book includes 60 simple recipes for healing soups: replenishing meals and snacks; and calming and lactation-boosting teas, all formulated to support the unique needs of the new mother. In addition to the recipes encouraging guide offers advice on arranging a system of help during the postpartum period, navigating relationship challenges, and honoring the significance of pregnancy and birth. The First Forty Days, fully illustrated to feel both inspiring and soothing, is a practical guide and all new mothers and mothers-to-be—the perfect ally during the first weeks with a new baby.

Single Mama, Gabriella Buxton, was heartbroken, anxious, and full of self-doubt when she became single during pregnancy. Determined to enjoy this magical time, Gabriella committed to clearing break-up trauma, celebrating conception and connecting with her baby in-utero. Gabri techniques which worked for her, in The Single Mama's Guide to Pregnancy. When reading, you will- Heal from heartache, fear, and any other icky feelings that you may be going through- Rally a solid support system that won't let you or your baby down- Release judgement, neg shame around being 'alone' during pregnancy- Organise practicalities including finances, naming and custody plans for your baby's future- Build resilience against postnatal mental health challenges through bump-bonding activities - Create a bespoke birthing and 'fourth-trimester relax into your earliest days of single mamahood- Embrace the sacred rite-of-passage that is pregnancy!Through candid personal accounts, Gabriella will straight-talk you through tears and laughter while helping you to rock the single-and-pregnant life.\*\*Gabriella Buxton is a pre single women to feel supported, confident and calm, with healing, bump-bonding, and empowerment techniques. Gabriella owns the Love and Light Shala yoga studio, runs The Single Mamas Shine Podcast, and passionately believes that raising conscious children creates positive Gabriella enjoys eating delicious vegetarian foods, Disney vacations with her family, and visiting the playground with her son, Walter. Find out more at [www.singlemamasshine.com](http://www.singlemamasshine.com)

Embrace the divine feminine power of the Mother Goddess and learn how to spiritually prepare for pregnancy with this guide to Pagan rituals, meditations, and traditions for every milestone over the next nine months! As you make the transition from maiden to mother, you fully Goddess. Embark on this sacred journey with this complete guide including special mediations, affirmations, and rituals designed to help you attune to the divine energies of childbearing. The Pregnant Goddess teaches you how to: -Prepare spiritually for pregnancy by attuning to physical cycle -Conduct rituals to aide in conception, safe pregnancy, and easy delivery -Practice responsible magic during these critical nine moths -Deal with unexpected delivery developments The Pregnant Goddess is the perfect companion as you embark on the most magnific journey of your life!

Tibetan Book of the Dead

Blessingways

A Loving Guide and Journal for Expectant Moms

The Ultimate Guide to Black Pregnancy & Motherhood

A Guide to Your Emotions from Pregnancy to Motherhood

What No One Tells You

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

Spiritual Pregnancy

Derived from a Buddhist funerary text, this famous volume's timeless wisdom includes instructions for attaining enlightenment, preparing for the process of dying, and moving through the various stages of rebirth.

SUPERANNO A blueprint for woman-to-woman support of expectant and new mothers, this innovative guide to planning a personalized "mother shower" features imaginative invitation ideas, unique Blessingway celebrations, inspiring stories, and creative suggestions for including men and children. Original.

Sacred PregnancyA Loving Guide and Journal for Expectant MomsNorth Atlantic Books

Tips, tools, advice, and activities for raising eco-friendly kids while nurturing compassion, resilience, and community engagement. Drawing from cutting-edge social-science research, parent interviews, and experiential wisdom, science writer and parenting blogger Shannon Brescher Shea shows how green living and great parenting go hand in hand to teach kids kindness, compassion, resilience, and grit--all while giving them the lifelong tools they need to be successful, engaged, and independent. Growing Sustainable Together is packed with easy tips, expert parenting advice, and practical hands-on activities for the toddler years up through the early teens. The enriching activities, resource guides, and recommended book lists in each chapter distill core sustainability knowledge, like: • Understanding energy efficiency and renewables • Instilling anti-waste and anti-consumerist values • Learning where our food comes from • Developing a lifelong love for environmental activism, volunteering, and community engagement The book concludes with a practical appendix that gives talking points for engaging teachers, school systems, and fellow parents in eco-friendly activities.

The Pregnant Goddess

The Doulas' (Honest) Guide for Expectant Parents

How to Navigate Solo Pregnancy Feeling Supported, Empowered and Calm

The Wild Edge of Sorrow

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

The Fourth Trimester

Sacred Pregnancy

Sacred Motherhood

The 'Sacred Pregnancy Journal' is more than just a journal. It is a weekly guide that supports you in having the happiest and healthiest pregnancy possible, and to help you create a loving and nurturing environment for your unborn baby to thrive and grow. The 'Sacred Pregnancy Journal' begins at Week 4 of pregnancy, through to the 'Big Day', Week 40 ! Inside this journal you will find healthy pregnancy ideas, pregnancy affirmations, weekly mini meditations, self hypnosis sessions, and lots of tips to make your pregnancy relaxed, happy and joy-filled. All the affirmations and meditations heighten your connection to your unborn baby.Each week begins with an outline of the continuing development of your baby in your womb. The weekly affirmations, meditations and self hypnosis sessions have been created to support the weekly changes of your little one. For example, in Week 6, your baby's heart begins its division into the left and right heart chambers. The affirmation and meditation for this week focus on sending love energy from your heart centre into the heart centre of your baby. In Week 15, as your baby goes through a rapid growth spurt, the weekly affirmation is about the health of your body. This week's self hypnosis session focus is on bringing health and vitality to all parts of the body, including the blood and immune system.Week 17's affirmation and meditation give thanks and gratitude for the support of family and friends during your pregnancy journey. Week 22 recognises that your centre of balance may be changing due to your pregnancy belly. This week's affirmation and meditation focus on your body being filled with a ray of light, from the tips of your toes through to the top of your head. This ray of light helps you to remain centred and balanced. Week 31 encourages you to be in tune with your body and your mind. As your body grows and stretches with your developing baby, allow yourself to intuitively understand what your body needs to exercise and stretch to accomodate your baby. Week 38 brings you into a place of peace and calmness. The majority of your pregnancy journey is done. It is now time to rest, relax and feel the deep connection to your little one within.Each week's affirmation and meditation is inspirational, insightful and supportive of you having the happiest and healthiest pregnancy possible. Each week allows you to feel a deeper bond and connection to your baby.Enjoy your pregnancy journey. Embrace your divine mother energy and embrace the sacred and special baby you are carrying within.

Don't Talk Yourself Out of a VBAC! Do you have a deep desire to give vaginal birth after having had a c-section (VBAC)? If you know deep in your heart that our ancestors did quite well with natural birth and want to follow in their footsteps. . . . If you know this path is a sacred one and you want to make it happen, but you don't know where to begin. . . . If you long for a vaginal birth. . . . It starts with this book! Give Birth A Chance is like Birthing from Within meets The Matrix. It is a powerful guide to get yourself ready for an empowered birth experience whether you have had a c-section before or not. Read this book!

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!

This guide deals with the pregnancy issues especially the concerns of women who are employed outside the home during their pregnancies.

The Birth Space

A Guide To Mother-centered Baby Showers - Celebrating Pregnancy, Birth, And Motherhood

A Guide to African American Wellness

Labor Like a Goddess

Your Essential Guide for Bump, Birth and Beyond

The First Forty Days

Buddha Mom

An Inspirational Guide and Journal for Mindfully Mothering Children of All Ages

Sacred Pathways reveals nine distinct spiritual temperaments--and their strengths, weaknesses, and tendencies--to help you improve your spiritual life and deepen your personal walk with God. It's time to strip away the frustration of a one-size-fits-all spirituality and discover a path of worship that frees you to be you. Experienced spiritual directors, pastors, and church leaders recognize that all of us engage with God differently, and it's about time we do too. In this updated and expanded edition of Sacred Pathways, Gary Thomas details nine spiritual temperaments and--like the Enneagram and other tools do with personality--encourages you to investigate the ways you most naturally express yourself in your relationship with God. He encourages you to dig into the traits, strengths, and pitfalls in your devotional approach so you can eliminate the barriers that keep you locked into rigid methods of worship and praise. Plus, as you begin to identify and understand your own temperament, you'll soon learn about the temperaments that aren't necessarily "you" but that may help you understand the spiritual tendencies of friends, family, and others around you. Whatever temperament or blend of temperaments best describes you, rest assured it's not by accident. It's by the design of a Creator who knew what he was doing when he made you according to his own unique intentions. If your spiritual walk is not what you'd like it to be, you can change that, starting here. Sacred Pathways will show you the route you were made to travel, marked by growth and filled with the riches of a close walk with God. A Sacred Pathways video Bible study is also available for group or individual use, sold separately.

In A Catholic Mother's Companion to Pregnancy: Walking with Mary from Conception to Baptism popular Catholic blogger and speaker Sarah A. Reinhard presents the first book to accompany expectant mothers from conception to baptism. This book includes weekly reflections and prayers rooted in the mysteries of the Rosary and related to the baby's physical development. Designed to help expectant mothers embrace pregnancy as an opportunity for spiritual growth, A Catholic Mother's Companion to Pregnancy prepares mothers for the trials and joys of pregnancy, childbirth, baptism, and, ultimately, motherhood. Each week of pregnancy is paired with a mystery of the Rosary, a personal, down-to-earth reflection from Reinhard, advice for living the sacramental life, and a prayer to help the reader grow in faith as she bonds with her unborn child.

The Glowing & Growing workbook was created to help you connect with your power during pregnancy and birth. Packed with practical information, soul wisdom, journaling prompts, creative activities, worksheets, and more to help you prepare for birth and motherhood in a meaningful way.

A guide to consciously exploring and honoring the spiritual and emotional journey of becoming a parent • Provides tools and meditations to engage the sacred wisdom-keeper within and create personal shamanic medicine to support you and your family • Discusses the shamanic perspective on miscarriage, fertility issues, postpartum stress, blended families, and adoption as a form of birthing through the heart • Provides shamanic teachings and techniques for conception, each trimester of pregnancy, birth, and the postpartum period The journey into parenthood transforms us, whether our children are biological, adopted, in spirit, or not yet conceived. As we give birth through heart or body, we not only shape-shift into mothers and fathers, but also gain access to the deep inner well of spiritual wisdom that opens with initiation into parenthood. In this guide to consciously exploring the shamanic journey of pregnancy and parenthood, Anna Cariad-Barrett offers techniques and ceremonies to honor the transformation of becoming a parent and engage the sacred wisdom-keeper within. She provides tools and meditations to create personal shamanic medicine to support you and your family on this journey as well as connect with the wisdom of nature, expand your intuition, and explore altered states of consciousness. Restoring honor to the shadow side of parenthood, the author discusses the shamanic perspective on miscarriage, fertility, sexuality, postpartum stress and depression, blended families, and adoption as a form of birthing through the heart. She explains how to heal any deep psychic wounds from your birth family and transform negative beliefs you may hold about parenthood. She provides chapters on each trimester of pregnancy, offering specific teachings and techniques appropriate to each stage as well as conception, birth, and the postpartum period. Whether you are preparing to welcome your first child or seeking spiritual support for the multidimensional experience of being a parent, the author shows how to reclaim and reconnect all the experiences of parenthood and how, through this rite of passage, we give birth to our most authentic selves.

Practices to Embrace the Transformative Power of Becoming a Parent

Sacred Pregnancy Journal

Glowing & Growing

Sacred Passage

A Doula's Guide to Pregnancy, Birth and Beyond

A Catholic Mother's Companion to Pregnancy

How to Prepare for an Empowered VBAC

Give Birth a Chance

*Your guide to the emotions of pregnancy and early motherhood, from two of America's top reproductive psychiatrists. When you are pregnant, you get plenty of advice about your growing body and developing baby. Yet so much about motherhood happens in your head. What everyone really wants to know: Is this normal? -Even after months of trying, is it normal to panic after finding out you're pregnant? -Is it normal not to feel love at first sight for your baby? -Is it normal to fight with your parents and partner? -Is it normal to feel like a breastfeeding failure? -Is it normal to be zonked by "mommy brain?" In What No One Tells You, two of America's top reproductive psychiatrists reassure you that the answer is yes. With thirty years of combined experience counseling new and expectant mothers, they provide a psychological and hormonal backstory to the complicated emotions that women experience, and show why it's natural for "matrescence"--the birth of a mother--to be as stressful and transformative a period as adolescence. Here, finally, is the first-ever practical guide to help new mothers feel less guilt and more self-esteem, less isolation and more kinship, less resentment and more intimacy, less exhaustion and more pleasure, and learn other tips to navigate the ups and downs of this exciting, demanding time*

*"Britta, you are a master at what you do." -P!NK, Grammy-winning singer-songwriter As expecting parents, you're bombarded with more information--and opinions--than ever about the "right" approach to pregnancy and childbirth. How do you navigate this ocean of information--not only to find the best practical solutions for you personally, but also to embrace this incredible opportunity for emotional and spiritual transformation that comes from bringing a child into this world? With Transformed by Birth, Dr. Britta Bushnell has created the transformative, intelligent, and empowering pregnancy and childbirth guide you've been waiting for. This book embraces birth as a metamorphic experience--a rite of passage in which you are initiated by opening to the unbidden, embodying your own wisdom, and gaining freedom from limiting beliefs. Our culture has inundated us with limiting ideals that prevent us from fully engaging in the journey of pregnancy and childbirth--including a need for control and certainty, vilification of pain, and reverence for technology and intellectual knowledge, among others. Dr. Bushnell helps you clear away unwanted beliefs and behaviors so you can open to the meaning and power of this uniquely life-changing experience. Here she offers daily practices, rituals, exercises, and more to help you cultivate resilience, power, and connection during this transformative time. Childbirth is more than just having a baby. Transformed by Birth invites you to discover childbirth as a transformational experience that alters your knowing of who you are and lasts long after pregnancy and birth are over.*

*"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.*

*A practical and hugely inspiring book on applying esoteric knowledge to the whole process of having a baby.*

*Nine Ways to Connect with God*

*Nurturing Your Body, Mind, and Soul During Baby's First Forty Days*

*Cultivating Openness, Resilience, and Strength for the Life-Changing Journey from Pregnancy to Parenthood*

*Natural Birth*

*Ina May's Guide to Breastfeeding*

*Nurture*

*Heart Work for Couples--Daily Practices and Inspirations for a Deeper Connection*

In Buddha Mom, Jacqueline Kramer beautifully illuminates the ways in which motherhood can be woven with the spiritual life. Drawing upon her twenty years as a practicing Buddhist, as well as many other wisdom traditions from around the world, she offers powerful insights into cultivating a more spiritual attitude toward parenting. In chapters, guided by central Buddhist themes-Simplicity, Nurturance, Joyful Service, Unconditional Love-Kramer's personal experience of pregnancy, birth, and then raising her daughter to adulthood serves as a guide to integrating the roles of parent and spiritual being. A celebration of all that motherhood can be, Buddha Mom presents an inspiring vision of child rearing.

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

"An interactive and empowering book" to help African American men and women create a new vision of better health and navigate the health care system (BET.com). According to the federal Office of Minority Health, African Americans "are affected by serious diseases and health conditions at far greater rates than other Americans." In fact, African Americans suffer an estimated 85,000 excess deaths every year from diseases we know how to prevent: heart disease, stroke, cancer, high blood pressure, and diabetes. In this important and accessible book, Dr. Michelle Gourdine provides African Americans with the knowledge and guidance they need to take charge of their wellbeing. Reclaiming Our Health begins with an overview of the primary health concerns facing African Americans and explains who is at greatest risk of illness. Expanding on her career and life experiences as an African American physician, Dr. Gourdine presents key insights into the ways African American culture shapes health choices—how beliefs, traditions, and values can influence eating choices, exercise habits, and even the decision to seek medical attention. She translates extensive research into practical information and presents readers with concrete steps for achieving a healthier lifestyle, as well as strategies for navigating the health-care system. This interactive guide with illustrations is a vital resource for every African American on how to live a healthier and more empowered life, and an indispensable handbook for health-care providers, policy makers, and others working to close the health gap among people of color. Says Gourdine, "I wrote this book to empower our community to solve our own health problems and save our own lives."

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.

A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality

The Working Woman's Pregnancy Book

Develop, Nurture & Embrace the Journey to Motherhood

Inspirational Guidance for Your Pregnancy

The Single Mama's Guide to Pregnancy

The Essential Art of Nourishing the New Mother

Your Guide to Traditions, Rituals, and Blessings for a Sacred Pagan Pregnancy

Pregnancy Health Yoga

**Traditionally, the Orthodox Church has appointed forty days of rest and seclusion after childbirth for mothers to recover from the rigors of birth and get to know their new babies. In the modern world, it can be difficult to understand how to use this time to the fullest in the way it was intended. The authors of A Sacred Beginning—a therapist and a pediatrician who are both mothers themselves—come to the rescue with a resource that addresses the spiritual, emotional, and physical aspects of a mother's recovery from birth and embarkation on her new life. Whether you are preparing to birth your first baby or your tenth, you will find in this book a wealth of spiritual food, comfort, encouragement, and sound advice to guide you, one postpartum day at a time.**

**A guide to help support women through post-partum healing on the physical, emotional, relational, and spiritual levels. This holistic guide offers practical advice to support women through postpartum healing on the physical, emotional, relational, and spiritual levels—and provides women with a roadmap to this very important transition that can last from a few months to a few years. Kimberly Ann Johnson draws from her vast professional experience as a doula, postpartum consultant, yoga teacher, body worker, and women's health care advocate, and from the healing traditions of Ayurveda, traditional Chinese medicine, and herbalism—as well as her own personal experience—to cover • how you can prepare your body for birth; • how you can organize yourself and your household for the best possible transition to motherhood; • simple practices and home remedies to facilitate healing and restore energy; • how to strengthen relationships and aid the return to sex; • learning to exercise safely postpartum; • carrying your baby with comfort; • exploring the complex and often conflicting emotions that arise postpartum; • and much more.**

**Sacred Relationship is a practical and spiritual guide and journal for couples to rekindle the love spark that started their fires and to maintain a steady heat for years to come. Following the format of Anni Daulter's popular Sacred Series books, it is beautifully designed and illustrated, with chapters focusing on thirty-two weeks—each with meditations and exercises on topics that couples are likely to encounter on their journey together. Husband-and-wife team Anni and Tim Daulter offer both useful tips and creative ideas for enriching life together, and the weekly encounters provide couples with helpful information and thoughtful prompts for journaling that invite both members of the couple to take an intentional look at the relationship and adopt a practice of personal reflection and soul nourishment. As anyone in a long-term relationship knows, the intense high that accompanies the beginning of love can fade over time unless the relationship receives proper care and attention. Sacred Relationship shows how intentional love brings more happiness, deeper joy, and greater fulfillment than the initial love spell and can steer each member of the couple into more profound personal growth. The book serves as a toolkit with answers to a wide variety of relationship questions and as a handbook for crafting daily practices that will raise the vibration of the relationship. Parents will find solace in topics that shed light on maintaining loving relationships, sex, and passion once children join the family. Busy couples who want to discover more about themselves and each other, find soulful solutions to everyday issues, and nourish a healthy and happy relationship year after year will find an invaluable resource in this book.**

**'In The Birth Space ... you will find the information and support that will take you from conception through matrescence, with deeper calm, confidence and power.' Aviva Romm, MD The Birth Space is a doula's guide to conception, pregnancy, birth and postpartum that highlights choice and rights in the perinatal space. In this beautiful book, trained and experienced doula Gabrielle Nancarrow offers comprehensive information about the birthing landscape that will empower you to choose the right birth for you - whether that be an obstetric, midwife or home birth. The Birth Space shows us how to prepare our minds and bodies for pregnancy and labour, from conscious conception through to postpartum and into matrescence. Gabrielle helps us understand what to expect during this period and translates the medical terminology so we are informed. She also provides remedies for common ailments, shares insights from other birth specialists, and is a constant spiritual guide from conception and beyond...talk about continuity of care! Filled with moving photography by Ilsa Wynne-Hoelscher Kidd (@ilsa\_whk) and Hayden Trace (@feelinghomeagain) as well as intimate real-life stories from contributors covering pregnancy loss, IVF, same-sex conception, home births, caesareans and more, The Birth Space is the essential companion for anyone who is seeking guidance as they enter this new chapter of their life.**

**Practical Resources for Raising Kind, Engaged, Resilient Children**

**Why Did No One Tell Me This?**

**A Fearless Guide to Preparing for the 7 Gates of Transformation in Pregnancy and Birth**

**Sacred Relationship**

**Walking with Mary from Conception to Baptism**

**A Sacred Beginning**

**Babycentre Pregnancy - from preconception to birth**

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

Full of honest advice and inclusive options, Why Did No One Tell Me This? is the funny, personality-filled, illustrated guide to pregnancy, birth, and beyond that modern parents have been waiting for. Pregnancy and childbirth are full of big questions -- what if my baby is enormous? Will my water break naturally? What even goes into a 'birth plan'? How on earth am I going to keep this child alive once it's here? And where do I turn for advice that will really work for me and my life? In Why Did No One Tell Me This? doulas and reproductive health experts Natalia Hales and Ash Spivak answer these questions and more for today's wellness-focused, intersectional parents-to-be. Drawing on years of experience in their birth doula practice Brilliant Bodies, Natalia and Ash guide readers through the entire process, from the earliest stages of pregnancy to the jungle of postpartum feelings and responsibilities. Bite-sized pieces of advice are interspersed with vibrant illustrations by artist Louise Reimer to break down the doubts and fears that often surround childbirth, empowering readers to explore their own individual needs, know their rights, and find their voice both during and after pregnancy. By addressing common fears, incorporating regular tips for partners, and providing information on a wide array of birth and parents styles, this unique and inclusive guide is the perfect tool for a new generation of parents.

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.

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.

Written for mothers seeking to fulfill their soul's work while simultaneously raising future generations, Sacred Motherhood offers women on the path of motherhood a guide back to themselves. It will help you embrace the reality that this is your spiritual life—every moment of every day, whether you are at the grocery store, changing diapers, arguing with your partner, snuggling with your baby, or dyeing your teenager's hair pink. Great the moments when you fall down as awakening opportunities, every bit as holy and powerful as the moments you can drop in and bliss out. Spanning the sacred and the mundane, Sacred Motherhood is both a guide and a journal, enticing you to pause momentarily to reflect and write, and then return to your mothering tasks armed with a fresh perspective, renewed vision, practical tips, and creative ideas for enriching family life. For fifty-two weeks—a year of sacred motherhood—the chapters illuminate subjects that are likely to arise as the mothering journey unfolds, and present thoughtful prompts and helpful reminders relating to you, your soul, and your child.

Sacred Pathways

The Catholic Mom's Guide to Birth

Transformed by Birth

Magical Beginnings, Enchanted Lives

Your Guide to a Peaceful Pregnancy and Powerful Birth

Ninety-Two Safe, Gentle Stretches Appropriate for Pregnant Women & New Mothers

The Natural Pregnancy Book, Third Edition

Shamanic Wisdom for Pregnancy and Parenthood

Shares practical recommendations for rendering nursing a mutually beneficial experience, covering topics that range from breast pumps and sleeping arrangements to nursing multiples and returning to work.

Written by two birth doulas and intuitive healers, this book tells the metaphorical story of a fictional goddess who must walk through 7 Gates of Transformation in order to become a Mother. At the final gate, she must surrender to the ultimate sacrifice—spiritual death—so she can be reborn into motherhood. Each gate perfectly illustrates the 7 emotional, psychological, and often subconscious sacrifices that every laboring woman experiences, whether willingly or not. This book is a guide to help pregnant women understand birth as a divine journey and master how to walk through each gate with empowered sacrifice, purpose, and zeal through tools, rituals, and integrative practices.

The complete illustrated guide from conception to birth. The Pregnant Body Book is a comprehensive visual guide to every aspect of conception, pregnancy and birth exploring the important changes that take place in a completely revolutionary way. State-of-the-art images, extraordinary photography and accessible text track each stage of both the mother and baby's development from fertilisation to birth week-by-week. This unprecedented guide covers everything you could possibly want to know from the science behind sex and conception to the intricacies of genetics and includes a detailed look at the anatomy and physiology of both the male and female reproductive systems and the groundbreaking medical advances that define the 21st-century understanding of pregnancy. The Pregnant Body Book is the first of its kind and an ideal reference for prospective parents, as well as both medical and midwifery students.

What to Expect When You ' re Black, Pregnant, and Expecting " This book stands as the modern-day guide to birthing while Black. " Angelina Ruffin-Alexander, certified nurse midwife, owner of Touch of Osun Midwifery Services # 1 New Release in Pregnancy & Childbirth and Minority Demographic Studies, Medical Ethics, and Women's Health Nursing Written with lighthearted humor and cultural context, Oh Sis, You ' re Pregnant! discusses the stages of pregnancy, labor, and motherhood as they pertain to pregnant Black women today. Tailored to today ' s pregnant Black woman. In the age of social media, how do pregnant women communicate their big announcement? What are the best protective hairstyles for labor? Most importantly, how many pregnancy guides focus on issues like Black maternal birth rates and what it really looks like to be Black, pregnant, and single today? Written for the modern pregnant Black woman, Oh Sis, You ' re Pregnant! is the essential what to expect when you're expecting guide to understanding pregnancy from a millennial Black mom ' s point of view. Interviews, stories, and advice for pregnant women.

Written by Black Moms Blog founder, Shancia Boswell, Oh Sis, You ' re Pregnant! tackles hard topics in a way that truly resonate with modern Black moms. With stories from her experiences through pregnancy, labor, and motherhood, and lessons learned as a mother at twenty-two, Oh Sis, You ' re Pregnant! focuses on the common knowledge Black pregnant mothers should consider when having their first baby. It also shares topics beneficial to pregnant Black women on their second, third, or fourth born. Inside you ' ll find answers to questions like, how: • Do I financially plan for my birth? • Can I maintain my relationship and friendships during motherhood? • Will I self-advocate for my rights in a world that already views me as less than? If you enjoyed books like Medical Apartheid, 50 Things To Do Before You Deliver, The Girlfriends' Guide to Pregnancy, or Birthing Justice, then you ' ll love Oh Sis, You ' re Pregnant!

Sacred Pregnancy Journey Deck

Oh Sis, You ' re Pregnant!

A Holistic Guide to Pregnancy, Childbirth and Breastfeeding

Made for This

The Pregnant Body Book

Reclaiming Our Health

How to Provide Fearless, Compassionate Care for the Dying

Weekly Affirmations and Meditations to Support You Through Your Pregnancy Journey

Millions of women have felt the power of birth, and countless women long for it. But for too many, birth can seem like a purely clinical experience – something to get through as quickly as possible in order to get on with the joys of being a mother. In Made for This, author Mary Haseltine draws on Pope St. John Paul II ' s Theology of the Body to show that birth is an essential part of who God created women to be, body and soul. With real-life stories from many moms and practical tips – including preparing for birth, making informed choices, helping fathers embrace their role in the birth room, and encountering the power of labor – this book is an indispensable guide for navigating the physical and spiritual dimensions of pregnancy and birth. Expectant mothers will find the tools they need to approach birth as a gift, and to invite God into the experience. About the Author Mary Haseltine is a theology graduate and a certified birth doula and childbirth educator. With a passion for building a culture of life through the teachings of the Theology of the Body, she works to bring an awareness and practice of the teachings of the Church into the realm of childbirth, mothering, and pregnancy loss. She lives in Western New York with her husband and five sons. You can find more of her writing at [www.betterthaneden.com](http://www.betterthaneden.com).

The work of the mature person is to carry grief in one hand and gratitude in the other and be stretched large by them. Noted psychotherapist Francis Weller provides an essential guide for navigating the deep waters of sorrow and loss in this lyrical yet practical handbook for mastering the art of grieving. Describing how Western patterns of amnesia and anesthesia affect our capacity to cope with personal and collective sorrows, Weller reveals the new vitality we may encounter when we welcome, rather than fear, the pain of loss. Through moving personal stories, poetry, and insightful reflections he leads us into the central energy of sorrow, and to the profound healing and heightened communion with each other and our planet that reside alongside it. The Wild Edge of Sorrow explains that grief has always been communal and illustrates how we need the healing touch of others, an atmosphere of compassion, and the comfort of ritual in order to fully metabolize our grief. Weller describes how we often hide our pain from the world, wrapping it in a secret mantle of shame. This causes sorrow to linger unexpressed in our bodies, weighing us down and pulling us into the territory of depression and death. We have come to fear grief and feel too alone to face an encounter with the powerful energies of sorrow. Those who work with people in grief, who have experienced the loss of a loved one, who mourn the ongoing destruction of our planet, or who suffer the accumulated traumas of a lifetime will appreciate the discussion of obstacles to successful grief work such as privatized pain, lack of communal rituals, a pervasive feeling of fear, and a culturally restrictive range of emotion. Weller highlights the intimate bond between grief and gratitude, sorrow and intimacy. In addition to showing us that the greatest gifts are often hidden in the things we avoid, he offers powerful tools and rituals and a list of resources to help us transform grief into a force that allows us to live and love more fully.

Working as an emergency room nurse, Margaret Coberly came in contact with death on a daily basis. However, it wasn't until her own brother was diagnosed with terminal cancer that she realized she understood very little about the emotional and spiritual aspects of caring for the terminally ill. To fill this gap she turned to the unique wisdom on death and dying found in Tibetan Buddhism. In this book Coberly offers sound, practical advice on meeting the essential needs of the dying, integrating stories from her long career in nursing with useful insights from the Tibetan Buddhist teachings. In the West, death is viewed as a tragic and horrible event. Coberly shows us how this view generates fear and denial, which harm the dying by adding unnecessary loneliness, confusion, and mental anguish to the dying process. Tibetan Buddhism focuses on the nature of death and how to face it with honesty, openness, and courage. In this view, death is not a failure, but a natural part of life that, if properly understood and appreciated, can offer the dying and their loved ones an opportunity to gain valuable insight and wisdom. Coberly argues that the Tibetan Buddhist outlook can be a useful antidote to the culture of fear and denial that surrounds death in the West and can help caregivers become more fully present, fearless, honest, and compassionate. Sacred Passage highlights two very practical teachings on death and dying from the Tibetan Buddhist tradition and presents them in clear, nontechnical language. Readers learn about the "eight stages of dissolution leading to death," a detailed roadmap of the dying process that describes the sequence of physical, psychological, and spiritual changes that occur as we die. Coberly also presents the "death meditation," a contemplative exercise for developing a new relationship to death—and life. The book also includes a lengthy, annotated list of recommended readings for added guidance and inspiration. Topics include: • How the terminally ill can experience emotional and spiritual healing even when they can't be cured • Why Western medicine's relentless focus on curing disease has led to inadequate care for the dying • What to expect during the dying process • How our fear and denial of death harm the dying • Techniques to help caregivers promote a peaceful environment for the dying and their loved ones • How to meet the changing physical and emotional needs of the dying • Helpful advice on what to say and how to behave around the terminally ill

Yoga, with its emphasis on body awareness, breathing, and relaxation, is helping growing numbers of pregnant women adjust to the physical and mental demands of labor, birth, and motherhood. Provided here are 92 Iyengar poses carefully chosen as being safe and effective during and after pregnancy. Photos.

Growing Sustainable Together  
Yoga for Pregnancy  
Rituals of Renewal and the Sacred Work of Grief