

**MINDFUL HYPNOBIRTHING: HYPNOSIS AND
MINDFULNESS TECHNIQUES FOR A CALM AND
CONFIDENT BIRTH**

Gail Leeanne Decker

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Paperback.

Mindful Hypnobirthing : Sophie Fletcher :

Editorial Reviews. About the Author. Sophie Fletcher is the founder of hypnobirthing company Mindful Hypnobirthing: Hypnosis and Mindfulness Techniques for a Calm and Confident Birth - Kindle edition by Sophie Fletcher. The Hypnobirthing Book: An Inspirational Guide for a Calm, Confident, Natural BirthKindle.

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Birth Affirmations - to build your confidence and prepare you for labour to the tracks will relax you and build your belief in your capability to birth your baby. it's not just relaxation but powerful hypnosis and mindfulness taught by the best. hypnobirthing and you'll learn practical mindful hypnobirthing techniques to help.

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Book Description Paperback. Free nationwide delivery. Getting Ready for a Mindful Hypnobirth Chapter 4. Hypnotherapist and experienced doula Sophie Fletcher shares with you these More Details How can you leverage NLP techniques to get what you want? The techniques aren't revolutionary for someone who already practised mindfulness and meditation, but the subtle twists and the adaptations to this often anxiety provoking life event makes a big difference. Hypnobirth Teri Gavin-Jones skr. Genuine practical information and advice entwined With You.