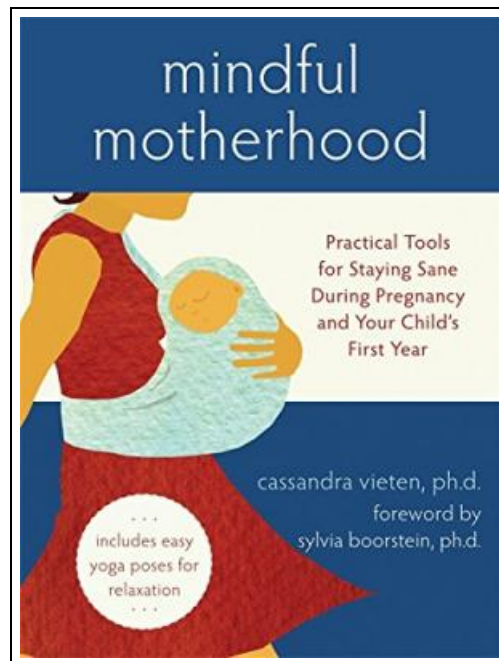


Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child's First Year



Filesize: 2.39 MB

Reviews

*Comprehensive manual! Its such a excellent read through. I have read and i also am confident that i am going to gonna study once more once again in the future. Your life period will be change when you total looking over this ebook.
(Cordie Hauck DVM)*

MINDFUL MOTHERHOOD: PRACTICAL TOOLS FOR STAYING SANE DURING PREGNANCY AND YOUR CHILD'S FIRST YEAR



New Harbinger Publications. Paperback. Book Condition: new. BRAND NEW, Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child's First Year, Cassandra Vieten, From hormones to stretch marks, labor pains to diaper changes, motherhood is an adventure like none other. The rapid changes in your body, your lifestyle, and your very identity call for a certain mental and emotional agility. Mindfulness can help you meet the challenge and approach every experience with your new baby with open eyes and an open heart. Based on research conducted at California Pacific Medical Center, and with a foreword by beloved meditation teacher Sylvia Boorstein, Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child's First Year (New Harbinger/Noetic Books, May 2009, \$16.95) by psychologist and mom Cassandra Vieten, has been acclaimed by women's health experts, mindfulness teachers, and psychologists alike. Mindful Motherhood provides pregnant women and new moms with a brief, low-cost, easy to implement set of tools to deal with stress, difficult moments, depressed or anxious moods, and negative thought patterns during pregnancy and early motherhood. Based on the principles of mindfulness, this book also provides information, exercises, and ideas to enhance the positive emotions that are part of the experience of motherhood and improve the quality of mother-infant interactions, bringing more attention and awareness to the deep joy and satisfaction that motherhood can bring. Mindful Motherhood provides pregnant women and early moms with: 1) accessible information based on science and sound clinical theory, 2) practical tools for practicing mindfulness in everyday life, 3) stories and examples to inspire interest and clarify points, and 4) experiential exercises that will help readers integrate the information and experiences they have. Mindful Motherhood also offers current insights into the positive psychology of motherhood and mother-infant attachment, translating science and theory into...



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