



The Hypnobirthing Bundle for Happy Hypnomoms and Blissful Hypnobabies

Michelle Leclaire O'Neill

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"Bringing peace to world one baby at a time" This simple, creative, original, and most effective method: - Encourages prenatal mothering and bonding - Helps you to have a calm, healthy, centered pregnancy and labor - Enhances your easy, natural, comfortable, and safe hypnobirth. (Even mothers who are planning an epidural or a c-section - find this easy method the best preparation for birth and postpartum recovery). Through our scientific and proven method, you can relax instantly and easily. With each Rhythmic Rising (formerly called contraction) you will relax and release more and more deeply. Only in The LeClaire Hypnobirthing Bundle will you learn how to prevent or stop pre-term labor naturally, how to change your unhealthy beliefs, how to create your pregnancy and postpartum health plan and how to prevent postpartum blues and depression. Join the growing number of mothers across the continents who have realized that the smartest beginning for you and your family is to begin at the very beginning. **GIVE YOURSELF A HEALTHY PREGNANCY AND EASY SAFE HYPNOBIRTH.** Bundle Contents: 1. "Creating Comfort Within: Hypnosis for Your Pregnancy" audio CD 2. "Birthing From the Inside Out: hypnosis for your labor" audio CD 3. "The Baroque Effect" music CD for pregnancy, labor, breastfeeding. 4. The book "Creative Childbirth" (the amazing, original Hypnobirthing book that started the movement) 5. Very special, simple, easy, and important worksheets that will increase the power of your mind over your emotions and fears - and ease your body through the celebration of your birth and postpartum.



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