



# **Meditations for Pregnancy: 36 Weekly Practices for Bonding with Your Unborn Baby**

*Michelle LeClaire O'Neill Ph.D. R.N.*

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The relationship between mother and child begins the moment a woman learns she is pregnant. *Meditations for Pregnancy* is a beautiful tool for mothers-to-be to enhance that relationship, nurture their bodies through a healthy pregnancy, and focus their thoughts on a joyful birth experience.

Pregnancy can inspire an overwhelming host of emotions. A woman may feel excitement about the new life growing inside her, yet apprehension about the changes it will bring. Her body is expanding; her hormones are out of control. Everyone offers unsolicited advice. What she really needs is a way to calm her fears, center her thoughts, and focus her mind on her prenatal child.

*Meditations for Pregnancy* is written by an expert in pregnancy and birthing to provide guidance and comfort to the mother-to-be throughout the weeks of her pregnancy. For each week, beginning with the fifth, the book provides a thoughtful meditation that speaks to the specific needs and joys of that phase of pregnancy. Inspirational quotations and a short affirmation accompany each meditation, along with a brief description of the development of the growing fetus that week.

Best of all, an audio CD features a 20-minute guided meditation to calm the expectant mom's emotions. It is read by the author and accompanied by soothing music. *Meditations for Pregnancy* is a wonderful way for women to explore their feelings, calm their nerves, and bond with their babies—all in preparation for the transformative experience of birth.

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