



Hypnobirthing: The Mongan Method the Natural Approach to a Safe, Easier, More Comfortable Birthing

By Marie F. Mongan

HEALTH COMMUNICATIONS, United States, 2016. Paperback. Book Condition: New. 4th. 229 x 152 mm. Language: English . Brand New Book. HypnoBirthing(R) has gained momentum around the globe as a positive and empowering method of childbirth. Here s why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What s more, parents report that their infants sleep better and feed more easily when they haven t experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women? And why do more than 40...



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