



Creative Childbirth

Michelle Leclaire O'Neill

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This book is the easy use of the latest mind/body techniques as they apply to pregnancy, labor and birth. This along with the complete HYPNOBIRTHING METHOD as taught in the book dispels all the old myths, teaching mothers how to let go of the fear, embrace the joy and transcend the pain. It also teaches fathers how to be the support person every mother longs for.

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