

Magical Beginnings Enchanted Lives By Chopra Md Deepak Simon Md David Chopra Deepak Simo 1st First 2005 Paperback

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Baby Catcher - Peggy Vincent 2003-04-15
A former nurse chronicles her journey into midwifery, from her dissatisfaction with formulaic delivery room procedures in the 1960s to her eventual career as a "baby catcher," and chronicles her diverse birth experiences, the women she has encountered along the way, and role of midwifery in the United States. Reprint.

The Last Rabbit - Shelley Moore Thomas
2022-02-01

A modern fairytale about sisterhood, forgiveness, and redemption in the vein of *The Girl Who Drank the Moon* and *The One and Only Ivan*. Off the coast of Ireland, on the island of Hybrasil, lives a Magician and four enchanted rabbit sisters. One by one, the rabbits have been leaving the island, accompanied by a Boy and his boat. When the rabbits leave, they can turn back into girls. The last rabbit, Albie, remains. She doesn't want to leave, but the island is sinking. Before deciding where she wants to go, Albie visits each of her sisters. Caragh has joined a circus. Isolde is the captain of a pirate ship. And Rory wants to go home to the family's house in Cork. Through many furry twists and hoppity

turns, we learn how one mistake can lead to many consequences, and that forgiveness and family are always within reach.

The Book of Secrets - Deepak Chopra, M.D.
2004-09-28

"The Book of Secrets is the finest and most profound of Deepak Chopra's books to date. Want the answers to the secrets of life? Let me recommend that you start right here." —Ken Wilber, author of *A Brief History of Everything*
We all want to know how to find a soul mate, what career would be most fulfilling, how to live a life with meaning, and how to teach our children well. We are looking for a personal breakthrough, a turning point, a revelation that brings with it new meaning. The Book of Secrets—a crystalline distillation of insights and wisdom accumulated over the lifetime of one of the great spiritual thinkers of our time—provides an exquisite new tool for achieving just that. Every life is a book of secrets, ready to be opened. The secret of perfect love is found there, along with the secrets of healing, compassion, faith, and the most elusive one of all: who we really are. We are still mysteries to ourselves,

despite the proximity of these answers, and what we most long to know remains lodged deep inside. Because answers to the questions at the center of life are counterintuitive, they are often hidden from view, sequestered from our everyday gaze. In his ongoing quest to elevate our experience, bestselling author Deepak Chopra has isolated fifteen secrets that drive the narrative of this inspiring book—and of our lives. From "The World Is in You" and "What You Seek, You Already Are" to "Evil Is Not Your Enemy" and "You Are Truly Free When You Are Not a Person," *The Book of Secrets* is rich with insights. It is a priceless treasure that can transport us beyond change to transformation, and from there to a sacred place where we can savor the nectar of enlightenment.

[For A Blissful Baby](#) - Kumuda Reddy 2005-01-01

The deepest desire of all parents is for their children to be happy. This book will help fulfill that desire. It is about creating a more blissful baby and child through the time-tested knowledge of Maharishi Vedic Medicine. This ancient tradition of health care teaches that child's physical, mental and emotional life begins to be structured from the moment of conception indeed from even before conception—as a direct result of the health and happiness of the parents.

Mindful Birthing - Nancy Bardacke 2012-07-10

With *Mindful Birthing*, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. SOME OF THE BENEFITS OF MINDFUL BIRTHING: Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing

Mystical Motherhood - Chelsea Ann Wiley 2018-03-31

Combining Western and Eastern traditions, *Mystical Motherhood*, is your conscious guide to modern motherhood - from meditation and

spirituality to a healthy pregnancy and birth - you will be guided step-by-step on how to raise your vibration and create a happy family from the time before conception to the early childhood years. Take a fabulous adventure into the "New Age" and learn how to integrate modern spirituality into your life with this practical, sophisticated and beautifully illustrated guidebook for new and experienced mothers who want a roadmap to awakening and healthy living. Inspired by consciousness shifting traditions, and her background in birth and medicine, Chelsea Wiley will take you by the hand to help you find personal enlightenment and create conscious children as you embark on your transformational journey to becoming a mother. As a woman, you have the power to make a major shift in the world. *Mystical Motherhood* will help you discover: - Ancient and alternative approaches to fertility - How to shift your mind and body to prepare for a baby - The transformative power of conscious conception - Energy boosting tools for a mindful pregnancy - The best ways to prepare for a safe and healthy birth - Ancient wisdom for a balanced postpartum period - The secrets to raising brilliant and magical children - Personal power in love, relationships, health and wellness *Mystical Motherhood* is packed with tips, exercises and step-by-step instructions on how to live a more fulfilled and happy life. Get a fresh take on ancient knowledge from the Kundalini Yoga heritage with 20 illustrated drawings, which guide you through integrating meditation into your life. Active mental and writing exercises will set you on the path to awaken the true potential within yourself and family.

[Magical Beginnings, Enchanted Lives](#) - Deepak Chopra, M.D. 2005-03-22

A much-needed antidote to our modern, assembly-line approach to childbirth, this new book is designed as a guide for all who wish to participate in the wondrous process of bringing new life into the world. Its ideas derive from two sources: the ancient wisdom of Ayurveda, with its emphasis on body, mind, and spirit, and the latest Western scientific prenatal research. By integrating the best information from these two very different perspectives, this remarkable book gives readers the tools to ensure that our children are nourished by thoughts, words, and

actions from the very moment of conception. *Magical Beginnings, Enchanted Lives* is rich in practical information, including strategies to help enliven the body intelligence of unborn babies by nourishing each of their five senses, as well as through Ayurvedically balanced nutrition and eating with awareness. Specific yoga poses and meditation techniques reduce the mother's stress and improve the infant's emotional environment, as do tips for conscious communication with a partner. Exercises prepare parents for the experience of childbirth itself, followed by natural approaches to dealing with the first weeks of parenting, from healing herbs to enhancing your milk supply to coping with postpartum depression. Inspiring, expansive, and remarkably informative, this unique book from acclaimed experts in mind-body medicine will profoundly enhance the experience of pregnancy and birth for both parents and baby.

Spirit Babies - Walter Makichen 2008-12-18
Am I Meant to Become a Parent? Why Can't I Conceive? What Is My Unborn Child Trying to Tell Me? In this reassuring, supportive, and accessible book, leading clairvoyant and medium Walter Makichen offers guidance to prospective parents eager to create a warm, nurturing environment for their soon-to-be-conceived-or-born children. Applying the wisdom and insights he has gained through twenty years of communicating with these spirit babies, Makichen helps you resolve issues about starting a family...actively participate in the psychic process of creating a child...and move past your worries and fears about becoming parents. From the seven essential chakras that link our body, mind, and spirit to why pregnant women are superpsychic, you'll discover: * How to create the energy that nurtures spirit babies * How to understand how past lives and chakras relate to your unborn child * The conception contract-what it is and what it means for you and your child * How karmic pairings affect conception and pregnancy * Why miscarriages occur and what they can signify Plus spirit babies and guardian angels...spirit babies and adoption...spirit babies and dreams...and much more Featuring inspirational examples of couples who are now happy parents, as well as breath exercises and healing meditations at the

end of each chapter, *Spirit Babies* tells you everything you need to know to become the parent you were meant to be.

Gentle Birth, Gentle Mothering - Sarah Buckley 2013-02-20

An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthed her own four children. Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls "undisturbed birth" is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship.

Freedom from Addiction - Deepak Chopra 2010-01-01

Millions of people have embarked on a Twelve-Step Program, whether it's Alcoholics Anonymous, Nicotine Anonymous, or Alateen. However, there are millions of others who are unable or unwilling to accept these programs because of religious overtones or a rigid approach to recovery. Deepak Chopra and David Simon contend that Twelve-Step methods don't work for everyone because they emphasize personal powerlessness; it's this admission of powerlessness that keeps many people from ever truly healing. In *Freedom from Addiction*, Chopra and Simon offer a new way—a proven method based on the program at the renowned Chopra Center in Carlsbad, California. Combining the best of eastern and western medicine, they teach readers how to cleanse their bodies and minds through nutrition, supplements, and meditations, and they walk readers through their 7-Step Framework: 1. Commit to transformation 2. Commit to ending repeat mistakes 3. Face the harsh reality of the past 4. See the infinite possibilities available in the present moment 5. Envision where you want to be 6. Ask yourself what choices need to be made to actualize vision 7. Create an action plan

Thirty-Three Teeth - Colin Cotterill 2017-11-14

Dr. Siri Paiboun, one of the last doctors left in Laos after the Communist takeover, has been drafted to be national coroner. He is untrained for the job, but this independent seventy-two-year-old has an outstanding qualification for the role: curiosity. And he does not mind incurring the wrath of the party's hierarchy as he unravels mysterious murders, because the spirits of the dead are on his side—and a little too close for comfort. Dr. Siri performs autopsies and begins to solve the mysteries relating to a series of deaths by what seem to be bear bites, to explain why a government official ran at full speed through a seventh-story window and fell to his death, and to discover the origins of the two charred bodies from the crashed helicopter in the temple at Luang Prabang. As it turns out, not surprisingly, not all is peaceful and calm in the new Communist paradise of Laos.

The Healing Self - DEEPAK. TANZI CHOPRA (RUDOLPH E.) 2019-01-03

Heal yourself from the inside out Our immune systems can no longer be taken for granted. Current trends in public healthcare are disturbing: our increased air travel allows newly mutated bacteria and viruses to spread across the globe, antibiotic-resistant strains of bacteria outstrip the new drugs that are meant to fight them, deaths due to hospital-acquired infections are increasing, and the childhood vaccinations of our aging population are losing their effectiveness. Now more than ever, our well-being is at a dangerous crossroad. But there is hope, and the solution lies within ourselves. The Healing Self is the new breakthrough book in self-care by bestselling author and leader in integrative medicine Deepak Chopra and Harvard neuroscientist Rudolph E Tanzi. They argue that the brain possesses its own lymphatic system, meaning it is also tied into the body's general immune system. Based on this brand new discovery, they offer new ways of increasing the body's immune system by stimulating the brain and our genes, and through this they help us fight off illness and disease. Combined with new facts about the gut microbiome and lifestyle changes, diet and stress reduction, there is no doubt that this ground-breaking work will have an important effect on your immune system.

Bountiful, Beautiful, Blissful - Gurmukh Kaur

Khalsa 2014-10-07

From internationally renowned yoga teacher Gurmukh comes a book on pregnancy unlike any other. Bountiful, Beautiful, Blissful is a treasury of wisdom, information, and inspiration for pregnancy and motherhood based on the spiritual and physical practices of Kundalini yoga, which Gurmukh has taught for the last thirty years. With illustrated, step-by-step instructions, she teaches time-tested techniques, meditations, and exercises that will help you physically, mentally, and spiritually. In the timeless way that women have passed down wisdom surrounding birth and child rearing to one another for centuries, Gurmukh weaves folk stories and contemporary testimonials into a program designed to help you get profound results in the shortest possible time. The sections in this book cover each trimester of pregnancy as well as delivery and life with the baby. In her wise, gentle, and comforting voice, Gurmukh suggests meditations, exercises, and yoga positions to respond to the various needs of expectant and new mothers as you undergo dramatic body changes. Gurmukh also helps you explore and, when necessary, heal your own history and unconscious attitudes about pregnancy, birth, and parenting. In Bountiful, Beautiful, Blissful, Gurmukh gives you all the tools you need to have a healthy and happy pregnancy while increasing your connection to your partner and building compassion and prosperity. The ancient practices of yoga can lead you back to your own power as a woman, capable of more than you ever dreamed. All you need is a belief in the possibility of change and a commitment of as little as three minutes a day. Gurmukh has helped thousands of women and their families find fulfillment through the healing movements and meditations of Kundalini yoga--- and she can help you, too!

A Holistic Guide To Embracing Pregnancy, Childbirth, And Motherhood - Karen Salt 2009-04-24

The newly pregnant woman faces a multitude of changes in her mind, life, and body, some of which are addressed by traditional medical care but many of which are not. In this holistic guide, the expectant mother will find warm and reassuring advice that will help her stay calm, focused, and energized during this exciting time

and beyond. Rather than treat the arrival of a baby as strictly a one-moment-in-time medical event, author Karen Salt provides advice and wisdom to "treat" the whole woman—her emotions and her physical changes—and covers the entire year-long experience of pregnancy, childbirth, and the postpartum period. Salt's holistic approach unveils for mothers-to-be the backbone of the doula role—to provide support, information, advocacy, and facilitation to women during pregnancy, labor, and early motherhood—and teaches her the many ways to use the doula philosophy to nurture herself through the process. From meditation and relaxation exercises, to fitness and nutrition advice to tips for achieving "positive energy living," this comprehensive guide puts mothers in control of their pregnancy, their birthing experience, and their approach to this wonderful and life-altering time.

Sacred Pregnancy - Anni Daulter 2012-05-01

In today's western cultures, the typical pregnancy focuses on the baby to the exclusion of the woman herself, so that the entire experience has become more about preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all of the changes that creating a new life brings. *Sacred Pregnancy* was written to help the pregnant woman journey within herself to prepare for the birth of her baby. *Sacred Pregnancy* is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full gestation period of a pregnancy. With beautiful professional photos that correspond to each topic, *Sacred Pregnancy* also features a journal space for the pregnant woman to record her thoughts and feelings. Each week the mother-to-be is given information on her baby, her body, and her spirit and is asked to reflect on these via the topic of the week, which touches on a variety of issues such as sexuality, fears about labor, becoming a mother, courage, rite of passage, adornment, body image, meditation, and sisterhood to name a few. Mothers-to-be are invited to look deeply at the issues unique to their journey and find a centered, peaceful place to live their pregnancy fully. Lastly, *Sacred Pregnancy* includes place for the new mother to record her birth story and a large resource section on various birthing

options and supports for pregnant women.

"From the spiritual (how to visualize your perfect birth) to the practical (a large section on birthing options), this pregnancy journal is a spiritual adviser and supportive doula all in one." —Fit Pregnancy magazine For more information, visit the Sacred Pregnancy website.

Birthing Mama - Corinne Andrews 2021-09-14
Birthing Mama offers a holistic approach to the transformative experience of pregnancy. Author Corinne Andrews, a yoga teacher since 2003 and creator of *Birthing Mama*® Prenatal Yoga and Wellness, guides women through each week of the nine-month journey, integrating body, mind, and spirit through reflection, yoga postures and breath practices, self-care activities, and creative projects. Whether expectant mothers are setting up a Pregnancy Altar to focus their hopes and dreams for the baby-to-be, writing a Pregnancy Affirmation Statement, blending an herbal tea formula, or breathing into mountain pose for strength and healing, they will find a blend of self-nourishment and self-discovery, contemplation, and celebration through Andrews's gentle, empowering style.

Magical Beginnings, Enchanted Lives - Deepak Chopra, M.D. 2005-03-22

A much-needed antidote to our modern, assembly-line approach to childbirth, this new book is designed as a guide for all who wish to participate in the wondrous process of bringing new life into the world. Its ideas derive from two sources: the ancient wisdom of Ayurveda, with its emphasis on body, mind, and spirit, and the latest Western scientific prenatal research. By integrating the best information from these two very different perspectives, this remarkable book gives readers the tools to ensure that our children are nourished by thoughts, words, and actions from the very moment of conception. *Magical Beginnings, Enchanted Lives* is rich in practical information, including strategies to help enliven the body intelligence of unborn babies by nourishing each of their five senses, as well as through Ayurvedically balanced nutrition and eating with awareness. Specific yoga poses and meditation techniques reduce the mother's stress and improve the infant's emotional environment, as do tips for conscious communication with a partner. Exercises prepare parents for the experience of childbirth

itself, followed by natural approaches to dealing with the first weeks of parenting, from healing herbs to enhancing your milk supply to coping with postpartum depression. Inspiring, expansive, and remarkably informative, this unique book from acclaimed experts in mind-body medicine will profoundly enhance the experience of pregnancy and birth for both parents and baby.

[Tending To Your Garden](#) - Vijayalakshmi Natarajan 2020-11-09

See yourself as the gardener of the fertile soil within. Caring for your health is the most crucial focus you can have to support your pregnancy and birth. We have the power to give birth to and rebirth ourselves every day. In this way, we have the opportunity to address our health and create the health of our baby. Therefore, see birth as the journey of a lifetime and health as a supportive continuum. Ayurveda is a medical science from India that understands that disease and ill health doesn't happen overnight; it is created over time and manifests under the ripe set of circumstances and environment that supports it. Using Ayurveda during pregnancy will help you address complaints and prevent future ones! If you are ready to support your health, pregnancy, and life journey by going deeper into your own being naturally, this book provides the fundamentals that will help you to create joy, health, and ease to achieve all your goals!

[The Baby Bump](#) - Carley Roney 2012-03-16

A fun, friendly, fact-filled guide to get you through the many challenges of pregnancy, month by month. Becoming pregnant is hugely exciting, but with so many things to think about, it can also be overwhelming. Ease your worries with *The Baby Bump*, a comprehensive guide that offers expert and real-mom advice on surviving those all-important nine months. Featuring tips and advice on everything future moms really want to know—including what is safe to eat, how the baby develops week by week, and what to expect in the delivery room—this book is like chatting with a been-there, done-that best friend. *The Baby Bump* offers a wealth of fun features such as Birth Plan Checklists, a Kick Count Tracker, and a Work Your Wardrobe outfit assembly guide. It's the must-have resource for any mom-to-be.

AARP The Seven Spiritual Laws of Yoga -

Deepak Chopra, M.D. 2012-04-17

AARP Digital Editions offer you practical tips, proven solutions, and expert guidance. The remarkable benefits of yoga, which include improved flexibility, balance, muscle tone, endurance, and vitality, only hint at the extraordinary power of this deeply spiritual practice. When adhered to and practiced mindfully, yoga can unlock readers' full creative potential, their capacity for love and compassion, and ability to find success in all areas of their lives. *The Seven Spiritual Laws of Yoga* brings spirituality back to yoga. It shows how the Seven Spiritual Laws play a crucial role in yoga's path to enlightenment while providing readers with a wealth of meditation techniques, mantras, breathing exercises, and yoga poses. Whether a newcomer to yoga or an experienced practitioner, *The Seven Spiritual Laws of Yoga* is a portal to yoga's deeper spiritual dimension and a beautiful step to a happier, more harmonious, and more abundant life.

[The Seven Spiritual Laws Of Success For Parents](#) - Deepak Chopra 2008-09-04

'Deepak Chopra's thoughts on spirituality and child rearing are original, profound and fascinating' BENJAMIN SPOCK, MD Deepak Chopra's Seven Spiritual Laws of Success have touched a chord around the globe because of their simplicity and trust. This parenting book takes those laws one by one and explores the many ways parents can bring them into the lives of their children. Explaining that success depends on who you are rather than what you do, this world-renowned physician and author shows that spirituality lies at the source of all achievement in life. Suggesting ways that parents can help their children absorb this timeless wisdom from an early age, Deepak Chopra offers a daily programme of practical, thought-provoking ideas for the whole family to follow. In this way, parents can teach their children how to live in the most effortless, harmonious and creative way - and thus know true abundance throughout their lives.

[The Complete Organic Pregnancy](#) - Deirdre Dolan 2009-10-13

While being pregnant is thrilling, the responsibility of a growing baby can provoke anxiety about what is and isn't safe. In *The*

Complete Organic Pregnancy, Deirdre Dolan and Alexandra Zissu address how you can minimize your exposure to the invisible toxins that surround us—in everything from food, cleaning products, and cosmetics to furniture, rugs, air, and water. Step by step, they tell you where dangerous chemicals are lurking, why it's so important to avoid them when pregnant, and what you can do before, during, and after your pregnancy to protect your child. In this exhaustively researched book, the authors (calmly) talk parents-to-be through everything from the safest laundry detergent to which crib mattresses contain toxic flame retardants. You'll find out how to choose the right face cream, plastic water bottles, household cleaners, types of fish, and much more—all with an eye toward keeping you and your baby safe and healthy. The Complete Organic Pregnancy also features a collection of personal diaries from well-known writers and organophiles, including Barbara Kingsolver and Marion Nestle, as well as recipes from organic chefs. Required reading for anyone heading into this exciting stage of life, The Complete Organic Pregnancy is your chance to make a difference for your children, even before they're born.

Ayurveda Mama - Dhyana Masla 2020-09-24
Ayurveda, India's ancient and holistic system of health, offers timeless wisdom on the sacred process of bringing life into this world. Ayurveda Mama offers ways to prepare your body, mind, and life before conception, and ways to nourish your little one throughout pregnancy including tips on diet, lifestyle, herbs and oils so that you experience vibrancy and vitality, growing your little one with love. You will feel prepared for your unique birthing experience, equipped with Ayurvedic techniques to invoke auspiciousness, balance, and ease. You will have the tools needed to assure that your Sacred Window, or postpartum period, is one of the most profound and memorable experiences of your life; assuring that you are deeply nourished and cared for so that you can care for your little one. You will learn about becoming a newborn mama, the real work of a mama, and how to care for your babe so that he knows, at the core of his being, that he is safe, the world is safe, and that he is deeply loved and wanted. Ayurveda Mama is for every mama, and for every woman who

ever wants to become a mother.

What Are You Hungry For? - Deepak Chopra, M.D. 2013-11-12

The basis for the PBS Special, What Are You Hungry For? is the breakthrough book that can bring weight under effortless control by linking it to personal fulfillment in every area of a reader's life. After promoting this message worldwide for thirty years, bestselling author Deepak Chopra focuses on the huge problem of weight control in America with exciting new concepts. What are you hungry for? Food? Love? Self-esteem? Peace? In this manual for "higher health," based on the latest findings in both mainstream and alternative medicine, Deepak Chopra creates a vision of weight loss based on a deeper awareness of why people overeat - because they are trying to find satisfaction and wind up using food as a substitute for real fulfillment. Repudiating the failed approaches of crash dieting and all forms of deprivation, Chopra's new book aims directly at the problem of finding fulfillment. When that problem is solved, he argues, normal eating falls into place automatically, and the entire system of mind and body achieves what it really desires. "Everyone's life story is complicated, and the best intentions go astray because people find it hard to change," writes Chopra. "Bad habits, like bad memories, stick around stubbornly when we wish they'd go away. But you have a great motivation working for you, which is your desire for happiness. I define happiness as the state of fulfillment, and everyone wants to be fulfilled. If you keep your eye on this, your most basic motivation, then the choices you make come down to a single question: "What am I hungry for?" Your true desire will lead you in the right direction. False desires lead in the wrong direction." Wherever you are in life, this book will help point you in that right direction.

Mindful Mama - Ileana Abrev 2020-08-08
A Delightfully Fun and Spiritual Journey Awaits You and Your Growing Baby Discover all the amazing things that can go right during your pregnancy—one week at a time. This interactive, hands-on book provides exercises, meditations, affirmations, crystals, flowers, and essential oils that support the changes both you and your baby go through each week. These tools are tailored to your child's stages of development, making it

easy to choose the best ones. Mindful Mama helps you overcome challenges, relieve stress, and support your little one's growth into a strong, positive person. Each trimester, and even the first few weeks after birth, you'll explore tips and techniques that keep you joyful, enlightened, and connected to your baby. From harmonizing your chakras to removing spiritual toxins, this charming guide shows you how to mindfully and meaningfully nurture your child. Have a happy, rewarding pregnancy!

Nurture - Erica Chidi Cohen 2017-10-24

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you."
-Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula

and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

Spiritual Pregnancy - Shawn A. Tassone
2014-01-01

Follow the Hero's Journey from Pregnancy to Motherhood Filled with unique insights into the spiritual nature of pregnancy, this compassionate guide takes you, the expectant mother, and your loved ones along a "hero's journey" of discovery. Each trimester correlates to a stage of the epic journey where emotional, spiritual, and physical connections heighten your awareness of yourself and your unborn child. Through these stages, the mundane and everyday are elevated to the sublime and transformative. With their extensive training and experience in allopathic wellness and integrative medicine, Shawn A. Tassone and Kathryn M. Landherr have created a book full of guided meditations, journaling exercises, and spiritual traditions from a variety of cultures. Spiritual Pregnancy also includes yoga postures created by popular doula and pregnant-fit yoga instructor Jennifer (Wolfe) More for specific times throughout pregnancy. Praise: "Spiritual Pregnancy presents birth as the spiritual initiation it truly is. I highly recommend this deeply moving book."—Christiane Northrup, MD, New York Times bestselling author of Women's Bodies, Women's Wisdom and The Wisdom of Menopause ". . . the information shared by the authors will show future mothers how to unify the two lives within them during pregnancy."—Bernie Siegel, MD, author of Love, Medicine and Miracles "Spiritual Pregnancy is the best guide I know on developing, nourishing, and sustaining [the mother-infant bond]."—Larry Dossey, MD, author of Healing Words "Expert integrative obstetricians, [the authors] guide you through the traditions of the ancients, and illuminate the vibrant path to your own heroine's journey." —Victoria Maizes, MD, Executive Director of Arizona Center for Integrative Medicine "From the practical to the profound, I'm confident you will find what you are looking for within this book's pages. I highly recommend it."—Tieraona Low Dog, MD, Fellowship Director at University of Arizona Center for Integrative Medicine "Spiritual Pregnancy does an incredible job at marrying the physical and the

spiritual . . . It will be a great resource to anyone having a baby and it makes me proud to be an ob-gyn." — Jeniffer Ashton, MD, leading medical correspondent for ABC and ob-gyn physician Grow Younger, Live Longer - Deepak Chopra, M.D. 2007-12-18

In *Grow Younger, Live Longer*, Deepak Chopra, a pioneer in mind/body medicine, applies his decades of research and knowledge to actually reverse the aging process. This simple and practical step-by-step program designed by Dr. Chopra and his associate, David Simon, M.D., shows how it is essential to renew all dimensions of the self—the body, mind, and spirit—in order to feel and look younger. The ten-step program detailed in this book will immediately improve your sense of well-being, and the three Daily Actions accompanying each step will help you thoroughly integrate the age reversal process into your life. Learn how to maintain a youthful mind, cultivate flexibility, strengthen your immune system, nourish your body, and much more. As you begin to reverse your biological age, you will find yourself tapping into your inner reservoirs of unlimited energy, creativity, and vitality.

Cut Your Labor in Half - Mindy Cockeram 2017-11-08

As healthcare professionals and consumer activists examine the reasons for the significant increases in the length of labor, C-Section rates, inductions and the overall dissatisfaction with hospital births, pregnant woman and their partners are left hanging with more anxiety and fear about their impending experience than ever before. Just like the ground breaking 'Painless Childbirth' written by Fernand Lamaze in 1952, *Cut Your Labor in Half! Secrets for a Faster & Easier Birth* give women an updated and welcome ray of sunshine through the darkening labor clouds. Highlighting evidence based studies and rejuvenated techniques for making each contraction more useful, efficient and bearable - whether at home or in the hospital - the reader and her support partner are educated in methodologies for reducing the overall length of labor and increasing her satisfaction. Written with input from hundreds of women who have taken Mindy's childbirth classes in London and Southern California and containing factual birth stories, humorous anecdotes and refurbished

strategies, *Cut Your Labor In Half!* allows the reader to achieve the birth she wants. *Cut Your Labor in Half* is a classroom course in a book; a 'cheat sheet' of ideas for understanding how the reader's choices may impact other aspects of birth and early motherhood. This book will appeal to the new millennial generation of pregnant women, birth partners and supporters, childbirth educators and professional healthcare workers who are short on time and want to see immediate results. According to Cockeram, "labor has increased in length by an average of two hours over the last 30 years and this book looks to cut the average labor in half by reducing fear and educating the next generation of parents".

The 7 Laws of Magical Thinking - Matthew Hutson 2012-04-12

In this witty and perceptive debut, a former editor at *Psychology Today* shows us how magical thinking makes life worth living. Psychologists have documented a litany of cognitive biases- misperceptions of the world- and explained their positive functions. Now, Matthew Hutson shows us that even the most hardcore skeptic indulges in magical thinking all the time- and it's crucial to our survival. Drawing on evolution, cognitive science, and neuroscience, Hutson shows us that magical thinking has been so useful to us that it's hardwired into our brains. It encourages us to think that we actually have free will. It helps make us believe that we have an underlying purpose in the world. It can even protect us from the paralyzing awareness of our own mortality. In other words, magical thinking is a completely irrational way of making our lives make rational sense. With wonderfully entertaining stories, personal reflections, and sharp observations, Hutson reveals our deepest fears and longings. He also assures us that it is no accident his surname contains so many of the same letters as this imprint.

The Wisdom of Healing - David Simon, M.D. 2012-10-17

The Wisdom of Healing, by David Simon, M.D., is an engaging, thoroughly practical guide to the many benefits of mind body medicine, in particular those derived from the ancient Indian medical system known as Ayurveda. In Ayurveda, David Simon has found a system

based on individuality--on our unique responses to food, exercise, stress, medicine, surgery, and a wide range of external factors. By using the mind body questionnaire that begins on page 51 of *The Wisdom of Healing*, you can establish your own mind body type and find a daily routine that is ideally suited to creating optimal health for you. In these pages you will also learn how to use food as medicine; relaxation techniques; healing breath and neuromuscular exercises; techniques for detoxification, purification, and rejuvenation; and strategies for addressing such specific conditions as reproduction and pregnancy, aging, diabetes, heart disease, cancer, and chronic pain. Intermingled with medical advice is the story of the author's journey as a young medical student, his disappointment with the traditional emphasis on the mechanics of disease and diagnosis, and his discovery of a medical science that focuses on the patient in its strategies for achieving and maintaining optimal health. By integrating this book's information into your life you will become as nature intended--restored to optimal health in body, mind, and spirit, free to experience the joy in every moment.

The Doula's Guide to Empowering Your Birth - Lindsey Bliss 2018-01-09

Experienced doula, Lindsey Bliss, shows you how to prepare physically and mentally for every element of having a child, from pregnancy to fourth trimester in *The Doula's Guide to Empowering Your Birth*. Lindsey Bliss, who has assisted as a doula at hundreds of births and is herself a mother of seven, reveals here all the wisdom and advice that doulas share with the new mothers who hire them. *The Doula's Guide to Empowering Your Birth* covers the period from pregnancy through labor and birth to fourth trimester healing. The focus, however, is on preparing for birth--including topics like how to pick the right childbirth class and the right birthing method. You'll also see how to assemble the team of professionals, family members, and friends who will support you through labor and birth, and how to approach last-minute decisions about pain medications and cesarean sections. Bliss's tone throughout is at once authoritative and confident as well as warm and encouraging. Her concern in her practice as well as in these pages is to listen to and help secure each new

mom's own personal vision of a birthing experience that is safe, fulfilling, and meaningful.

Birth Matters - Ina May Gaskin 2011

Ina May Gaskin asserts that the way in which women become mothers is a women's rights issue, and it is perhaps the act that most powerfully exhibits what it is to be instinctually human. *Birth Matters* is a spirited manifesto showing us how to trust women, value birth, and reconcile modern life with a process as old as our species.

The Attachment Pregnancy - Laurel Wilson 2013-12-02

Your resource for raising a healthy child from the moment of conception! Studies have shown that parents have more influence over their child, both emotionally and physically, during pregnancy and the first years after birth than at any other point in life. With *The Attachment Pregnancy*, you will learn how to use this important time to form a deeper connection and introduce your child to a loving environment--even before birth. Childbirth experts Tracy Wilson Peters and Laurel Wilson guide you through each stage of development with advice for providing consistent and nurturing care as your baby grows, so that you can ensure that every need is always met. From the moment your child is conceived to the day of delivery, *The Attachment Pregnancy* shows you how to strengthen your bond and give your baby the best life possible from the very beginning.

Your Best Birth - Ricki Lake 2009-05-01

The national C-section rate is at an all-time high of 31 percent. Are all these C-sections necessary, or are some of them done simply for the sake of convenience? Inductions seem to be the norm, but are they always needed? Today, expectant mothers are often left feeling powerless, as their instincts are replaced by drugs and routine medical procedures. What you are about to discover is that you have a choice, and you have the power to plan the kind of birth that's right for you--whether it is at a birth center, a hospital, or at home. In *YOUR BEST BIRTH*, internationally known advocates of informed choice Ricki Lake and Abby Epstein inspire women to take back the birth experience, with essential advice on: · Positive and negative effects of epidurals, Pitocin, and other drugs and

interventions · Inducing vs. allowing your labor to progress naturally · The truth behind our country's staggering C-section rate · Assembling your birth team and creating your birth plan. With chapters such as "Obstetricians: Finding Dr. Right," "Epidurals: You Haven't Got Time for the Pain," and "Electronic Monitors: Reading between the Lines," Lake and Epstein will encourage you to consider whatever your doctor, mother, and best friend may suggest in a new light. The book also includes inspiring birth stories, including those from well-known personalities, such as Laila Ali and Cindy Crawford. Packed with crucial advice from childbirth professionals, and delivered in a down-to-earth, engaging voice, *YOUR BEST BIRTH* is sure to renew your confidence and put the control back where it belongs: with parents-to-be! "Abby Epstein and Ricki Lake have taken a wonderful and constructive approach to ensuring an optimal birthing experience. Their language creates a 'climate of confidence' for pregnant women and their families, who must make key decisions about where, how and with whom to give birth in a health care system often unresponsive to our needs. This book is like a good friend giving wise counsel." --Judy Norsigian, co-editor of *Our Bodies, Ourselves: Pregnancy and Birth* and Executive Director, *Our Bodies Ourselves*

The Natural Pregnancy Book, Third Edition - Aviva Jill Romm 2014-08-05

A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Over the last two decades, *The Natural Pregnancy Book* has ushered thousands of women through happy and healthy pregnancies. Addressing women's health from conception to birth, Dr. Romm describes herbs that can promote and maintain a healthy pregnancy, and allays such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is integrative health advice based on Dr. Romm's new credentials as a Yale-trained physician, combined with her twenty years of experience as a midwife and herbalist. [Mindful Pregnancy](#) - Tracy Donegan 2020-03-18

Enjoy a natural, positive, stress-free pregnancy. Trimester by trimester, this beautiful book gives you safe yoga, meditation, natural remedies, nutrition, and hypnobirthing techniques to match your stage of pregnancy. Encouraging, practical advice from midwife and positive birth expert, Tracy Donegan, will help you to understand your body, relish your pregnancy, and bond with your growing baby. Troubleshoot pregnancy aches and pains with appropriate exercises, quell morning sickness with natural remedies and food, bond with your baby through meditation and movement, and prepare your body and mind safely and healthily for childbirth using strengthening exercises and hypnobirthing techniques. Feel empowered to nurture and give birth to your baby with strength and confidence, and embrace your life as a new mum. "A must-read for all parents who want to create a healthier, more joyful, more peaceful world." - Deepak Chopra, MD

God, Human, Animal, Machine - Meghan O'Giebly 2021-08-24

A strikingly original exploration of what it might mean to be authentically human in the age of artificial intelligence, from the author of the critically-acclaimed *Interior States*. "Meghan O'Giebly is a brilliant and humble philosopher, and her book is an explosively thought-provoking, candidly personal ride I wished never to end ... This book is such an original synthesis of ideas and disclosures. It introduces what will soon be called the O'Giebly genre of essay writing." —Heidi Julavits, author of *The Folded Clock* For most of human history the world was a magical and enchanted place ruled by forces beyond our understanding. The rise of science and Descartes's division of mind from world made materialism our ruling paradigm, in the process asking whether our own consciousness—i.e., souls—might be illusions. Now the inexorable rise of technology, with artificial intelligences that surpass our comprehension and control, and the spread of digital metaphors for self-understanding, the core questions of existence—identity, knowledge, the very nature and purpose of life itself—urgently require rethinking. Meghan O'Giebly tackles this challenge with philosophical rigor, intellectual reach, essayistic verve, refreshing originality, and an ironic sense

of contradiction. She draws deeply and sometimes humorously from her own personal experience as a formerly religious believer still haunted by questions of faith, and she serves as the best possible guide to navigating the territory we are all entering.

Yoga Mama, Yoga Baby - Margo Shapiro

Bachman 2013-11-01

Pregnancy is an extraordinary time of transformation and a profound rite of passage that requires special care and guidance. The complementary tools and practices of Ayurveda and yoga have been used together for thousands of years to support a healthy body, balanced mind, and higher consciousness. With *Yoga Mama, Yoga Baby*, Margo Shapiro Bachman brings readers the first book to show how these "sister sciences" can support the miraculous journey of pregnancy. This thoroughly detailed guidebook shares practical and easy-to-apply teachings and information to help women experience pregnancy with radiant health and abundant joy, including: The basics of Ayurveda, yoga, diet, and lifestyle—cornerstone principles, basic terms and concepts, essential self-assessments, and more Month-by-month exercises and practices, including meditation,

mantra, breathwork, asana, journaling, and massage Practical tips to encourage natural labor and delivery Guidance on staying healthy and happy in the precious first postpartum weeks with baby For women everywhere, *Yoga Mama, Yoga Baby* is an indispensable resource for treasuring every moment of pregnancy and blessing the mother and child with health, happiness, consciousness, and love.

Ageless Body, Timeless Mind - Deepak Chopra, M.D. 2009-02-04

Ageless Body, Timeless Mind goes beyond current anti-aging research and ancient mind/body wisdom to dramatically demonstrate that we do not have to grow old! Dr. Chopra shows us that, contrary to traditional beliefs, we can learn to direct the way our bodies and minds metabolize time and actually reverse the aging process -- thereby retaining vitality, creativity, memory, and self-esteem. In a unique program that includes stress reduction, dietary changes, and exercise, Dr. Chopra offers a step-by-step, individually tailored regimen for maximum living in exceptionally good health. For the young at heart, here is the most remarkable approach yet to achieving unbound physical and spiritual potential.