



Mindful Mama: Preparing for Pregnancy, Labor and Beyond

Victoria Moore

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Have the empowering birth experience that you and your baby deserve!

Learn to prepare your body for conception and pregnancy, using a variety of mind-body techniques, breath work and more. This book will show you how to have a positive birthing experience, bond with your baby both before and after the birth and even give you techniques to help with pain relief during labor.

You are your baby's #1 advocate!

Statistics show the national U.S. cesarean rate in 2012 was 32.8%. Cesarean section is the most common operating room procedure in U.S. hospitals. Overuse of this procedure is associated with excess morbidity in both women and babies. In *Mindful Mama*, Victoria will teach you how to confidently advocate for you and your little one and birth with freedom and joy, no matter what type of birth you're planning.

Download this empowering guide to pregnancy, labor and beyond, today! Also available in paperback.

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