

Birth Affirmations: The Picture Book That Will Empower You Through Pregnancy, Labor, and Birth



Are you pregnant or planning to become pregnant? If so, then you know that pregnancy and birth can be a challenging and emotional

experience. But it can also be an incredibly empowering and transformative time.



Birth Affirmations Picture Book by Lesly Federici

★★★★☆ 4.2 out of 5

Language : English

File size : 4286 KB

Print length : 9 pages

Lending : Enabled



****Birth Affirmations: The Picture Book That Will Empower You Through Pregnancy, Labor, and Birth**** is a beautiful and inspiring book that will help you to create a positive and empowering birth experience. This book is filled with gorgeous photographs and powerful affirmations that will help you to:

- Connect with your body and your baby
- Trust your instincts
- Stay calm and relaxed during labor
- Deliver your baby with confidence and strength

****Birth Affirmations**** is perfect for pregnant women of all ages and backgrounds. It is also a great resource for doulas, midwives, and other birth professionals.

****Free Download your copy of Birth Affirmations today and start creating a positive and empowering birth experience.****

What People Are Saying About Birth Affirmations

"Birth Affirmations is a beautiful and inspiring book that will help you to create a positive and empowering birth experience. The photographs are gorgeous, and the affirmations are powerful and uplifting. I highly recommend this book to all pregnant women." - **Ina May Gaskin, author of Ina May's Guide to Childbirth**

"Birth Affirmations is a must-have for any pregnant woman. The affirmations are so powerful and inspiring, and the photographs are beautiful. This book will help you to stay positive and focused throughout your pregnancy and birth." - **Dr. Sarah Buckley, author of Gentle Birth, Gentle Mothering**

"Birth Affirmations is a beautiful and powerful book that will help you to create the birth you desire. The affirmations are inspiring and motivating, and the photographs are stunning. This book is a must-have for any pregnant woman." - **Penny Simkin, author of The Birth Partner**

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Birth Affirmations is available for Free Download on Our Book Library and Barnes & Noble. You can also Free Download a signed copy directly from the author at her website.

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