



Mindful Hypnobirthing: Hypnosis and Mindfulness Techniques for a Calm and Confident Birth

Sophie Fletcher

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Hypnotherapist and experienced doula Sophie Fletcher shares with you the secrets to having a safe, natural and positive birth. Using a powerful combination of mindfulness, hypnosis and relaxation techniques, Sophie will ensure you feel genuinely excited and completely prepared for birth.

With stories from women who have successfully used the tools in this book, and downloadable hypnosis and relaxation tracks, discover how to:

- use your mind and body together to stay focused and in control
- draw on visualisation and breathing techniques to help birth progress
- feel positive and empowered, before, during and after you give birth

Reassuring, practical and based entirely on what works, *Mindful Hypnobirthing* is your essential guide to giving birth the way you want to.

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From Reader Review Mindful Hypnobirthing: Hypnosis and Mindfulness Techniques for a Calm and Confident Birth for online ebook

Dancingsocks says

Well written and put together.

Jo Macklin says

A great intro to hypnobirthing, this was all I needed for a successful birth using the technique. It's not only for natural births, I ended up having a c-section, but it was incredibly useful for pain relief during labour and for calming the nerves for the c- section

Audrey G. Perreault says

I loved this book and all the tips, but I have given birth yet. So I might update this review once I will!

Laura says

Very skimmable. The recordings (online) were v good for napping to!

Sara says

Surprisingly vague on the topic of hypnobirthing, but a great book about birth in general.

Rachael Reid says

Absolutly love this book read it twice already find it so helpful to get me feeling positive about birth rather than feeling scared of it. highly recommend ?

Emily Forster says

Really reassuring

I found this book and the accompanying audio tracks really reassuring. I was actually recommended this by

the consultant anaesthetist. I would recommend that you read it earlier in pregnancy so you have time to practice the relaxation exercises and become familiar with the techniques.

Rita says

I could feel myself growing calmer and more confident as I read this book and listened to the tracks it points you to (free to download). The techniques aren't revolutionary for someone who already practised mindfulness and meditation, but the subtle twists and the adaptations to this often anxiety provoking life event makes a big difference. It doesn't matter what kind of birth you prefer or what kind of surprises life might have in store for your labour, knowing how to stay calm and focused through it all is useful for anyone.

Daisy Craydon says

I found this book helpful and reassuring for labour. I would recommend for anybody that wants to know more about hypnobirthing and practice methods. It offers a free portal to download hypnobirthing images and soundtracks too.

Felicia says

Very practical, I found it a valuable read as a first time mum to be

Dolce Sundramoorthy says

Useful Book

Sam a.k.a Rory says

This (audio) book is a gemme. It's practical, very educational and science based. The audio relaxation tracks are amazing, and so is Ms Fletcher's voice :). I wish I would have found this (audio) book sooner!

Carrie D___ says

An empowering read.

Melanie says

This book is written in a gentle and nurturing way with lots of great advice throughout each chapter. Very

informative and empowering. Will definitely be recommending this to friends.

Keeley Gillan says

Very interesting reading.

This book is great for helping people realise that birth isn't meant to be scary and that it is possible to have a positive experience giving birth.
