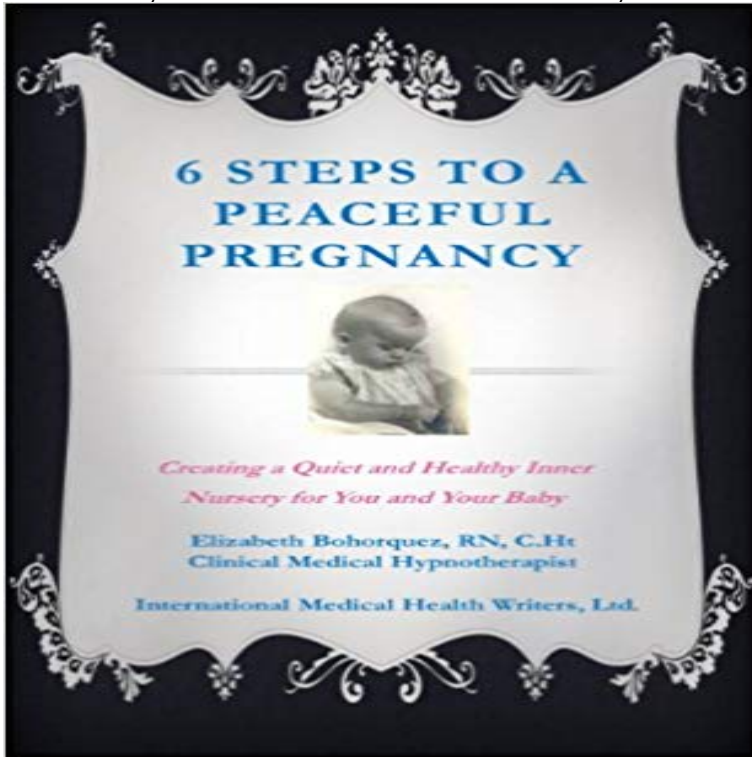


6 Steps to a Peaceful Pregnancy - Creating a Quiet and Healthy Inner Nursery for You and Your Baby



When you become pregnant, your uterus becomes your baby's inner nursery. Your lifestyle behaviors determine how you care for your baby and its inner environment. This includes nutrition, deep relax, positive imagery and the enjoyment of caring for yourself as you care for your unborn baby. Here are 6 Steps for developing a deeply relaxed, healthy inner nursery that will benefit you through your entire pregnancy, labor, delivery and afterwards. Not only will you and your baby benefit, but you will also apply these techniques to all areas of your life....a gift that keeps on GIVING! This eBook is small, but powerful. It is life changing. Written by Elizabeth Bohorquez, RN, Clinical Medical Hypnotherapist with 40 years experience in Mind-Body Health Medicine.

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