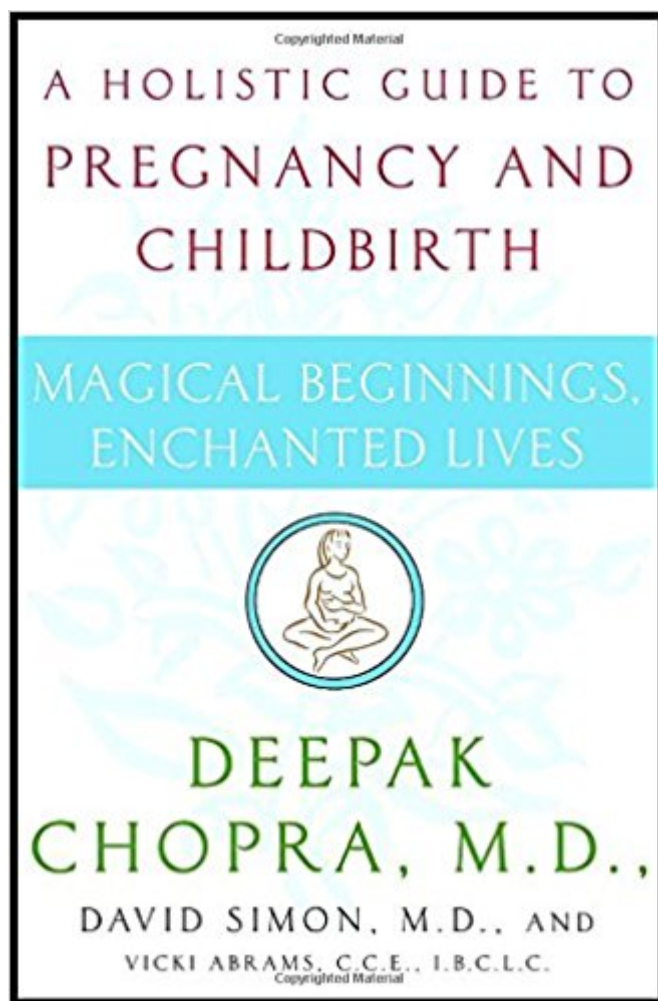


The book was found

Magical Beginnings, Enchanted Lives



Synopsis

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.

Book Information

Series: Chopra, Deepak

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Average Customer Review: 4.5 out of 5 stars 62 customer reviews

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Customer Reviews

Chopra (Peace Is the Way; The Seven Spiritual Laws of Yoga; etc.) and his colleagues at the Chopra Center for Well Being offer pregnant women, their partners and healthcare providers a practical, thought-provoking framework in which to experience pregnancy and childbirth. Chopra advocates techniques drawn from ayurveda, the centuries-old Indian medical science, combined with daily yoga and meditation practice, to help deepen a woman's connection to herself, her baby and her own intuitive wisdom. Chopra says that the months during which a woman carries a child are a naturally introspective period and provide an ideal opportunity to cultivate awareness of physical, mental, emotional and spiritual states. To facilitate this process, the Chopra Center developed the Magical Beginnings program for parents and training programs for prenatal educators to aid them in integrating ayurvedic therapies (focused on nutrition, sound, sight, touch and aroma), meditation, yoga, visualization and journaling into a holistic approach to pregnancy. According to Chopra, Western images of childbirth can instill unconscious fears, causing undue stress to mother and child. To help women tackle these worries, he offers helpful medical information on the physical aspects of childbirth, ways to process difficult emotions, and suggestions for healthy communication between partners. In addition to pregnant women and their caretakers, readers interested in birthing and raising conscious children will likely be inspired by Chopra's stirring call for mindful parenting from conception through birth and beyond. 23 illus. Agent, Muriel Nellis with Literary and Creative Artists. (Mar.)Forecast:Chopra's name alone could sell this book; print ads and national publicity will garner an even larger audience. Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

"The rock star of the new spirituality" * Guardian * "The poet-prophet of alternative medicine" * Time * "A world leader in mind-body medicine" * Eve * "Deepak Chopra is the pioneer of alternative medicine" * Bill Clinton * "One of the foremost scientists and spiritual thinkers of our time" * Here's Health * --This text refers to the Audible Audio Edition edition.

If you are the type that likes to get in touch with your spiritual side, looking internally & having those deep moments within yourself through silence and meditation - then this book is for you. I found peace every time I read this book in stressful situations. It reminded me what was important, getting connected with the beautiful life growing inside of me & finding the most harmonious thoughts/feelings for a healthier/happier baby....

This is a wonderful book. I really like the information about how very important the mother's state of

mind/control of emotions are in pregnancy. We are always told about the food we eat during pregnancy, but the importance of our thoughts and mental state is rarely mentioned. I highly recommend pregnant mommies to read this book--there are also many helpful meditations and activities that complement the book. It's also an inspiring read.

This book really helped me have a connection to my pregnancy right off the bat. It is more for the hippy or holistic type of people. So if you aren't into occasional meditation, incense, or essential oils, or if you are not open to those types of things, this book will be hard to read. For me, it actually put me to sleep some days. I think it is especially helpful for people who are high strung, or have anxiety like I do. It really has a calming effect on the reader. LOVED IT!

This book filled me with such light and peace. Im amazed tab mindset that you can achieve from practicing the exercises in this book and honestly looking deep into yourself as you create a mindful pregnancy. I am much more aware and enlightened in my pregnancy now and highly recommend this book! If you really listen with your heart to the words written, you to can have a conscious mindful pregnancy and birth

This books is everything i hoped it would be. I loved the visualization exercises, as well as the thoughtfully organized structure of the book. It was easy to read, and one of my top favorite pregnancy books so far, (and I've ordered a lot). Even my husband, who isn't as naturally mind or crunchy as I am, appreciated the holistic approach and explanations, and found that he learned things as well. Highly recommended.

Really enjoyed this book. Definitely helped build the baby and mom relationship. I can't wait to meet my little guy and see all that I manifested with the help of this book

This gentle and deeply nourishing book is a must for all expectant parents! As a prenatal yoga teacher, it is at the top of my essential reading list for all my students. Rather than promoting a particular 'stance' on birth and birthing, it puts baby, mother and father/partner at its heart, offering deep wisdom which is simultaneously positive, practical and inspiring.

The book is great, very little wear. The product was a little dusty when I got it, but I cleaned it off easily and have not had any issues with it otherwise. Still deserves 5 stars for the quality of the

writing and the price.

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