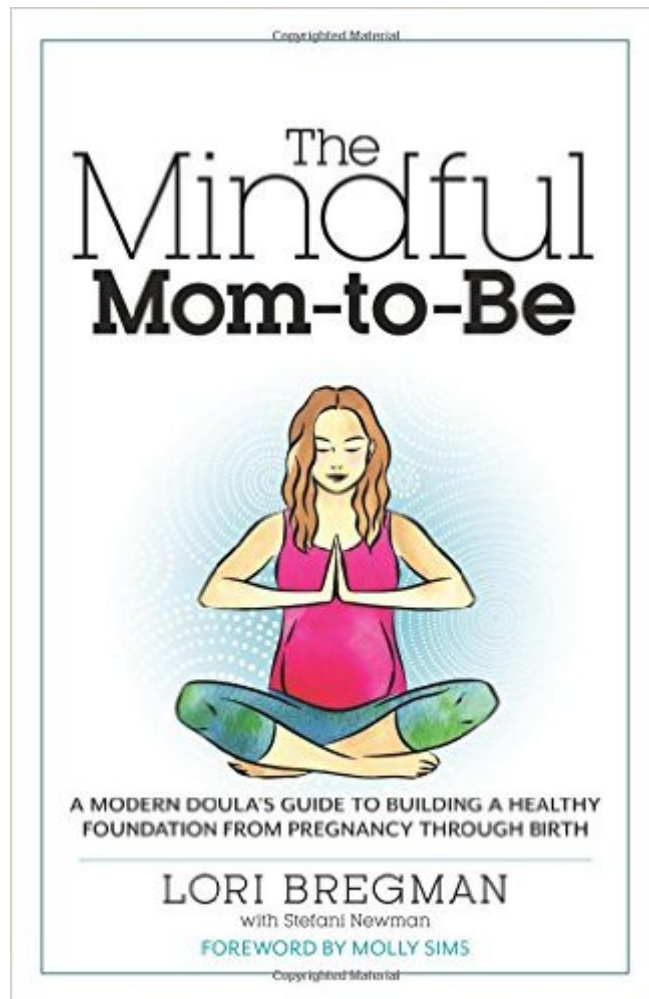


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# The Mindful Mom-To-Be: A Modern Doula's Guide To Building A Healthy Foundation From Pregnancy Through Birth



## Synopsis

Strengthening your own foundation is one of the very best beginnings you can give your child. In *The Mindful Mom-to-Be*, doula and pregnancy coach Lori Bregman guides you in your journey toward motherhood by empowering you to find what works best for you and your baby. In addition to concrete, prescriptive health information, including nutritional advice, natural remedies, developmental milestones, and techniques for labor, she offers simple and enjoyable spiritual and emotional exercises to help you prepare for motherhood. As Lori explains, you're not just birthing a baby; you're birthing yourself as a mom, too. With month-by-month advice, comprehensive checklists, and customizable birth plans, this is your indispensable, holistic companion for pregnancy, birth, and beyond.

## Book Information

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## Customer Reviews

Wow...how I wish I had this book in my days of having children (we won't say when those were!) This book helps pregnant women to take cahype of themselves and prepare for their child's birth physically, emotionally and spiritually. It not only has words of advice, education and encouragement, but various kinds of activities that can be done. Especially good for those women who appreciate the natural, engage in yoga beyond the exercises themselves and those planning a home or birthing center birth (not that it isn't good for that, too). It is written by a doula (if you don't know what this is, it's basically a mother's helper, not a midwife, and is their before/during/after birth to support the mother how she needs) giving the book a different viewpoint than most. It's excellent

and my daughter has been excited to receive it, read it and do the activities. I highly recommend it

Lori is a magical powerhouse of support, love and knowledge. This book I recommend to EVERY pregnant mama or mama wanting to become pregnant soon. It walks you through each month with specific foods to eat, guided meditations and yoga poses to practice as well as discussing issues or challenges that may arise during that month and how to troubleshoot them. I love how her book is easy to read yet highly informative. The layout and the pictures and the writing makes you feel like you are receiving sisterly support. I adore Lori and I adore this book. THE BEST BABY SHOWER or BLESSING WAY present. xo- McLean

I have first hand experienced working with Lori as my doula and I can't recommend her enough! Her book is full of wonderful tips and advice for the mom to be. As a new mom I had no idea what to expect and Lori was a wealth of knowledge, love and resources.

I breezed through this read in less than a week after being referred to this tome on the Kindara app. I started this book on our TTC journey and it's completely changed my outlook on birthing and being a mom. Another great read, along with this one, is The Science of Mom (link below). Both of these would be EXCELLENT baby shower gifts... \*\*\*\*[...]\*\*\*\*The Science of Mom: A Research-Based Guide to Your Baby's First Year

I love Lori's book so much and as a Type A, first-time Mother... I bought ALL the books. Hers was by far my favorite, so much so that I hired her as my doula!! Having gone thru my pregnancy with Lori by my side, I can without a doubt say that I am so excited about my upcoming birth and have no fear or anxiety bc we don't hold space for those things. Lori is a beautiful person, inside and out and her book truly is an exceptional path for any new mother to follow.

Best pregnancy book I've read! Super helpful solutions from everything from morning sickness to indigestion and stretch marks. Includes recipes. Great tips for preparing oneself emotionally, mentally, and physically for motherhood.

This book is fantastic!!! I bought it for my cousin who just became pregnant and it will be my go-to gift for all my expectant friends and family. If you can't have Lori by your side during your pregnancy, then this book is the next best thing. It is a all-encompassing book that will help any

expecting mom feel grounded, connected to her baby and lay the foundation for a healthy pregnancy. I love the recipe for Lori's LaborAde, the easy-to-follow checklists, diagrams for prenatal yoga poses and tips for eating healthy on a budget, plus anything else you would need to know but not the typical info you find in other pregnancy books!

Lori Bregman and her teachings are among the most powerful, profound and practically helpful that I've ever come across. My son would not have been born in the healthy, fulfilling way that he was without her guidance; and I would not be the strong first-time Dad without her support and wisdom. Lori fuses a no-nonsense approach based on holistic healthcare with medical expertise and spiritual awareness. Her book was instrumental in preparing my wife and I for labor and parenthood. Her voice will forever be a part of our approach. And her spirit will surely guide us through a life long adventure. Buy the book, meet the teacher, you will be glad you did.

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