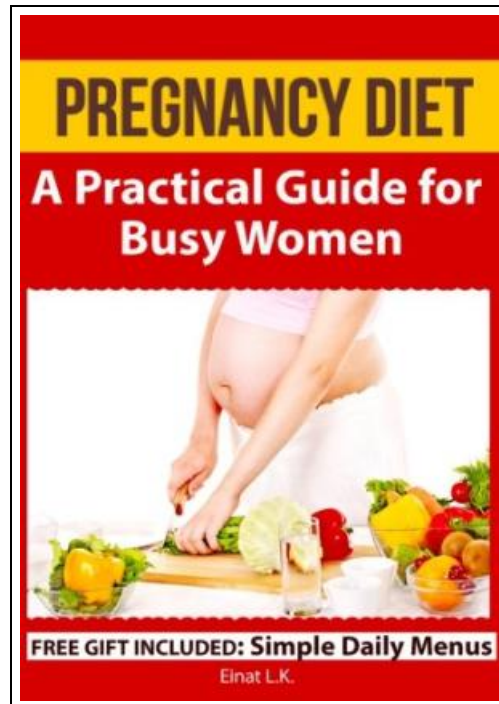


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Speedy Publishing LLC. Paperback. Book Condition: New. Leda Vaneva (illustrator). Paperback. 74 pages. Dimensions: 10.0in. x 7.0in. x 0.2in. Are you feeling stressed about your pregnancy and the upcoming childbirth? Do you worry that your stress will hurt your baby? We all want this to be a calm and happy time in our life, but for many women pregnancy is a stressful experience. Don't let it get to you. There is a simple and efficient technique that you can use to deal with your stress. Stress can hurt both you and your baby. While you might struggle with insomnia and depression, your baby could suffer from malnutrition and an increased risk of birth defects. Stress during pregnancy can even cause preterm labor or a miscarriage. Studies have also shown that babies born to stressed-out mothers tend to follow suit and grow up to be anxiety-ridden adults. Your mood is already affecting your baby, so don't wait to make a change. Like you, I found pregnancy very stressful. Every day I worried that I wouldn't be able to cope with my new role as a mother and that my childbirth would be terrifying. I was constantly worried and anxious. It was then that I began using the positive affirmations technique and I found that my mood improved almost immediately. With the positive affirmations technique, you will learn how to replace negative thoughts with positive ones. Now you can change worry into reassurance and replace doubts with confidence. After you have read this book you will be able to put together your own positive affirmations and know how to use them for maximum effect. You will have a powerful tool to deal with your stress that you can use anywhere and at any time. Don't let fear and doubts take over your pregnancy....



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