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Hypnobirthing: the breakthrough natural approach to safer, easier

Buy the Kobo ebook Book Hypnobirthing by Marie Mongan at Hypnobirthing: The breakthrough natural approach to safer, easier, more comfortable birthing - The HypnoBirthing®: A Celebration of Life - with Birth Exercise CD . I think I would have seeked out classes if I had heard of this method earlier

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HypnoBirthing (also called Childbirth Hypnosis and The Mongan Method) is a calm, relaxing, totally safe way to prepare you for The Natural Approach to Safer, Easier, More Comfortable Birthing . Okay, let's say you're in the hospital (or wherever you plan to give birth) and you forgot to bring your CD!

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