



Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond

Nancy Bardacke

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With *Mindful Birthing*, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting.

SOME OF THE BENEFITS OF MINDFUL BIRTHING:

- Increases confidence and decreases fear of childbirth
- Taps into deep inner resources for working with pain
- Improves couple communication, connection, and cooperation
- Provides stress-reducing skills for greater joy and wellbeing

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