



Pregnancy Relaxation: A Self Hypnosis CD Programme

Maggie Howell

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The deep relaxation techniques, guided visualization and positive suggestions ensure you have a more comfortable and enjoyable pregnancy, as it will enable you to :- Increase your energy and feelings of well being Improved sleep Maintain a healthy blood pressure Reduce, even eliminate aches and pains Increase communication with your baby Maintain a feeling of calm and relaxation learn techniques that will help with giving birth

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