



# **Hypnobirthing: The breakthrough natural approach to safer, easier, more comfortable birthing - The Mongan Method, 3rd Edition**

*Marie Mongan*

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"Move over, Lamaze. HypnoBirthers say their form of deep relaxation takes the panting and pain out of labor."

-Time Magazine

## **HypnoBirthing®: A Celebration of Life**

Childbirth is not something to be feared; it is a natural expression of life. With HypnoBirthing, your pregnancy and childbirth will become the gentle, life-affirming process it was meant to be.

In this easy-to-understand guide, HypnoBirthing founder Marie Mongan explodes the myth of pain as a natural accompaniment to birth. She proves through sound medical information that it is not our bodies but our culture that has made childbirth a moment of anguish, and that when we release the fear of birth, a fear that is keeping our bodies tense and closed, we will also release the pain.

HypnoBirthing is nature, not manipulation. It relaxes the mind in order to let the body work as it is designed. The HypnoBirthing exercises—positive thinking, relaxation, visualization, breathing and physical preparation—will lead to a happy and comfortable pregnancy, even if you are currently unsure of an intervention-free birth. Your confidence, trust and happy anticipation will in turn lead to the peaceful, fulfilling and bonding birth that is your right as a mother.

More than 10,000 happy couples have had their lives changed for the better by HypnoBirthing. More than 500 news organizations—including Good Morning America, The Today Show, Dateline, The Richard & Judy Show, *Time*, *Newsweek*, *Parenting* and *Better Homes & Gardens*—have joined the movement for better birthing.

Why is HypnoBirthing changing the way the world gives birth? That's simple. Because it works.

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