

Download Affirmations For Pregnancy Birth And Beyond

Here are some affirmations to get you started throughout your pregnancy, birth and newborn parenting experience and then some more for beyond the baby phase. Have fun with these positive statements as you also boost your level of self confidence. Pregnancy is an opportunity for deep personal reflection. As women prepare for the weeks and months leading up to birth, affirmations are a great way to prepare the mind for the task of labor and mothering. Affirmations for Pregnancy, Birth, and Beyond - Kindle edition by Kalikia Dugger. Download it once and read it on your Kindle device, PC, phones or tablets. Use features like bookmarks, note taking and highlighting while reading Affirmations for Pregnancy, Birth, and Beyond. Pregnancy, Birth and Beyond Birth Affirmations is built on a passion for encouragement and empowerment. I firmly believe that pain in childbirth comes from fear.