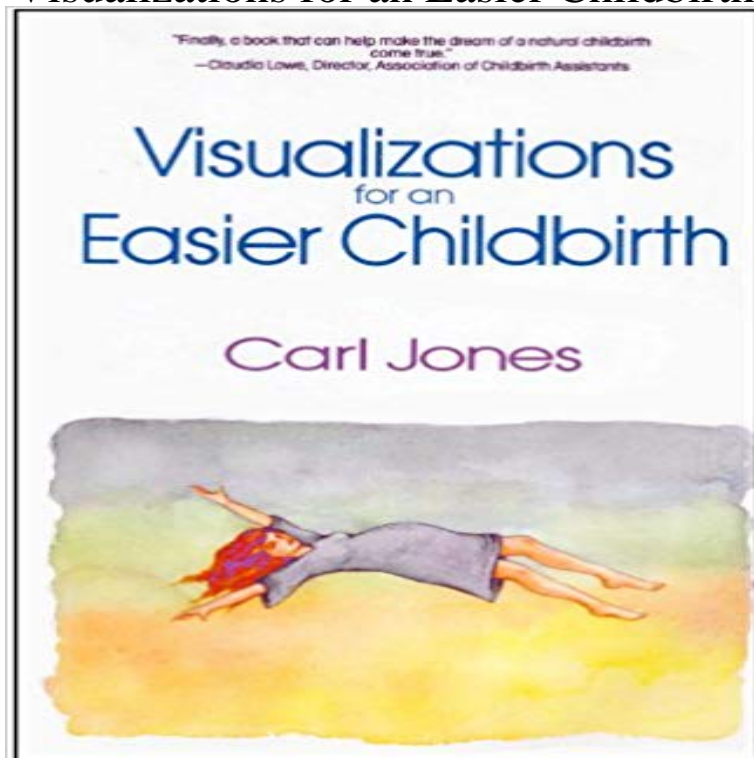


# Visualizations for an Easier Childbirth



Many childbirth educators now believe that visualizations are an essential part of childbirth preparation. This book contains the most effective and beautiful visualization exercises ever published. Through visualization, you'll mentally prepare for your baby's birth, so you can have the kind of childbirth experience you want. By relaxing and imagining a healthy, natural birth, you're more likely to have one. Here are some of the specific benefits this book delivers. You'll learn how to: \* Actually create the birth you want; \* Relax throughout labor; \* Reduce the fear and pain of labor; \* Get in touch with your unborn child; \* Recover from cesarean birth; \* Achieve a happy, healthy delivery.

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