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—Dr. Vivian Keeler

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4th
Edition

HypnoBirthing®

The Mongan Method

A Natural Approach
to a Safe, Easier, More
Comfortable Birthing

Marie F. Mongan, M.Ed., M.Hy.

Foreword by Lorne R. Campbell, M.D.

**Hypnobirthing Fourth Edition The Natural Approach To
Safer Easier More Comfortable Birthing The Mongan
Method 4th Edition**

Marie F. Mongan



Hypnobirthing Fourth Edition The Natural Approach To Safer Easier More Comfortable Birthing The Mongan Method 4th Edition:

HypnoBirthing, Fourth Edition Marie Mongan, 2015-12-08 Enclosed CD contains relaxation and birth rehearsal techniques

HypnoBirthing, Fourth Edition Marie Mongan, 2015-12-08 HypnoBirthing has gained momentum around the globe as a positive and empowering method of childbirth. In fact, more than 25 000 books were sold in 2014 through the author's website alone and according to Nielsen BookScan over 70 000 were sold through reporting retailers since its publication in 2005. Here's why HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces the pain of labor and childbirth frequently eliminates the need for drugs, reduces the need for caesarian surgery or other doctor-controlled birth interventions and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their infants sleep better and feed more easily when they haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book, she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So why is birth such a traumatic event for so many women? And why do more than 40% of births now end in caesarian section, the highest percentage in history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body: tightening of the muscles, reduced blood flow to the birthing muscles, and the release of certain hormones which increase the pain and discomfort of childbirth. This is not hocus pocus; this is science.

Hypnobirthing Marie Mongan, 2005-05-24 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 and 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 **HypnoBirthing** Marie Mongan,2016-05-01 A new cover edition of the original book on HypnoBirthing No one can truly understand what it s like to give birth until you experience it but HypnoBirthing gives you the tools and knowledge to approach labour with confidence Pioneered by Marie Mongan HypnoBirthing is about understanding the birthing body what happens why and when and learning how to progress your labour using movement breath and powerful visualisation techniques to manage pain Based on decades of practice within The HypnoBirthing Institute this complete guide Takes you through labour step by step Prepares you physically and mentally with exercises and birthing positions Teaches hypnotism and visualisation techniques to manage pain and banish fear Explains the medical jargon so you can understand and work with medical assistance if needed Whether you are having a natural assisted or caesarean birth HypnoBirthing will help every woman take control of their labour for a positive birth **Hypnobirthing** Marie F. Mongan,1998 In this easy to read and understand guide to birthing Marie Mongan explodes the myth of pain as a natural accompaniment to childbirth and offers at last the answer to eliminating the anguish of labor *HypnoBirthing* Marie Mongan,2020-08-06 The original guide by Marie Mongan the creator of HypnoBirthing and founder of the global HypnoBirthing Institute **Hypnobirthing** Marie Mongan,2016-03-01 The breakthrough approach to a safer easier more comfortable birthing HypnoBirthing is a celebration of life and does not need to be feared in embracing a natural birth a mother will discover a closer connection with their pre born baby and will build a better understanding of the baby as a conscious little person who can interact with you even before birth Marie Mongan explodes the myth of pain as a natural accompaniment to birth Including techniques for relaxing the mind during birth allows the body to work Using the HypnoBirthing method will lead to a happy and comfortable pregnancy and provide a life changing experience for the life of the new family The Hypnobirthing Book Katharine Graves,2014 Childbirth Education: An Approach to a Safer, Easier, More Comfortable Birthing Experience Using Hypnosis, Relaxation and Meditation Techniq Erika Young,2021-03-25 55% OFF for Bookstores NOW at 10 33 instead of 22 97 LAST DAYS You will Never Stop Using this Awesome Cookbook *Hypnobirthing Experience* Ashley Scott,2014-02-15 Anyone considering natural birth options should take a good look in to this package book HypnoBirthing AudioScript Ashley s approach to HypnoBirthing is known as very practical and simple When used with AudioScript Meditation titled Fear Release that you receive with this book women report fantastic results Filled with lovely affirmations beautiful Fear Release Meditation and this guide to Hypnobirthing has everything you need to decide if Hypnobirthing is right for you Fact is that Hypnobirthing is not as much a technique as it is a philosophy problem is that many o v e r c o m p l i c a t e it Hypnobirthing is not a new concept but rather a new way to look at the concept of birthing It allows you to use the natural birthing muscles just as they were designed to work When your body is sufficiently relaxed and you trust in the process you will be able to allow the process of birth to occur naturally and effortlessly as it was

designed to occur This beautiful process helps you alleviate the fear and trauma that can sometimes accompany the process of birth This guide will help you better understand what Hypnobirthing is all about so that you can ultimately make an informed decision as to whether Hypnobirthing is right for you this book avoids any sort of complicated views and it is just simply neat and clean approach ready for anyone with sincere interest Author has decided to provide everyone with simple and practical tools and this package this book HypnoBirthing Fear Release AudioScript Meditation that definitely is Hypnobirthing is based on the idea that birthing does not necessarily need to be a painful process It allows the mother to be properly relaxed and well prepared Hypnobirthing is a completely natural process one that you already have access to Hypnobirthing allows you to use what is known as the Reticular Activating System which is a cluster of nerve cells found deep in the brainstem It has many roles including the control of essential functions such as breathing and the daily rhythms of the body Filled with valuable tips and tools this guide will help you better understand how the process of Hypnobirthing works In our society it is quite difficult to escape the social conditioning that typically surrounds childbirth Much of the time childbirth is either portrayed as a trauma or a comedy depending on the movies or television shows you watch What is not portrayed is the experience of how beautiful and natural childbirth can be The techniques learned in Hypnobirthing can help you in many areas of life because they help you tap into your body's natural healing abilities Starting with a brief introduction to Hypnobirthing this guide will also provide you with a short history of childbirth and help you understand how hypnosis plays a role in this most important event in your life From empowering yourself through the proper use of language to practicing visual auditory and kinesthetic techniques Hypnobirthing allows you to take back control It allows you to be truly involved in your baby's birth as opposed to letting the fear of the unknown take over Filled with lovely affirmations and a beautiful Fear Release Meditation this guide to Hypnobirthing has everything you need to decide if Hypnobirthing is right for you With this informed consent you can then make the right choice for you We wish you the best of luck in whatever birthing experience you choose

Hypnobirthing Siobhan Miller, 2019-04-04 THIS BOOK WILL MAKE YOUR BIRTH BETTER IT IS FOR EVERY PARENT AND EVERY TYPE OF BIRTH Expert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way we approach and experience birth Through her teaching she seeks to educate and empower parents and their birth partners so that they can enjoy amazing and positive birth experiences however they choose to bring their babies into the world So what is hypnobirthing Essentially it's a form of antenatal education an approach to birth that is both evidence based and logical Hypnobirthing certainly doesn't involve being hypnotised instead it teaches you how your body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body rather than against it making birth more efficient and comfortable Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout By the time you finish this book you'll feel relaxed capable

and genuinely excited about giving birth **Hypnobabies Hypnobirthing Edition 8 Classic Hard-Copy Home Study Course** Kerry Tuschhoff,2022-01-15 Hypnobabies Hypnobirthing Edition 8 Classic Hard copy Home Study Course is an advanced hypnobirthing course for an easier pregnancy and childbirth and includes Medical grade hypnosis techniques Binaural beats for better hypnotic depth Complete childbirth education Full support You can get your Hypnobabies Course as a GIFT by putting it on your Amazon or Walmart Baby Registry list and let your loved ones know about it The Calm Birth Method (Revised Edition) Suzy Ashworth,Liz Stanford,2022-11-08 Discover tried and tested techniques to help you relax during labour including mindfulness breathing exercises and visualization for an empowering positive birth Now with two new chapters this brand new edition of The Calm Birth Method will show you how you can make birth a gentle and enjoyable experience This authoritative guide will help you to build confidence in your body and its abilities and offers practical techniques to support and prepare you Walking you and your birth partner through the whole process of birth preparation Suzy Ashworth and Liz Stanford share Why many people feel so scared of giving birth and how to eliminate these fears during pregnancy How relaxing during birth transforms your physiology Practical techniques to promote deep relaxation and mindfulness How to unify birth partners and care providers to ensure the birthing environment is stress free Take the power back into your own hands so that you can learn to trust your body and look forward to welcoming your child into the world

Hypnobirth Yulia Watters,2015-02-25 Hypnobirth Theories and Practice for Healthcare Professionals is a guide for healthcare providers who work with expecting mothers and their loved ones Yulia Watters applies the theory and application of Milton Erickson to hypnosis during pregnancy childbirth and post partum including an overview of the history of hypnosis Hypnobirth does not offer a magical way to a pain free birth but rather an understanding of how hypnosis can address certain symptoms as well as unexpected circumstances associated with pregnancy and delivery Healthcare professionals will develop a deeper understanding of the potential of hypnosis and how to practice its tools on a daily basis learning to view hypnosis as a state of mind and way of being as well as acquiring concrete techniques for its implementation This work is particularly important to healthcare professionals looking to learn about hypnosis and its specific tools which they can teach expectant mothers during pregnancy and birthing *Why Hypnobirthing Matters* Katrina Berry,2024-06-27 Hypnobirthing is a popular and proven method of birth preparation that uses a series of simple but effective techniques to help facilitate a calm confident and positive birth experience Why Hypnobirthing Matters looks at the origins and rationale for using hypnosis for childbirth explains what you can expect from hypnobirthing and dispels common misunderstandings in a lively informative way This revised second edition includes up to date evidence and resources discusses the impact of the Covid 19 pandemic and social media on birth and birth preparation and explains how hypnobirthing has become firmly established as a valuable tool for parents preparing for the birth of their baby Katrina Berry is a clinical hypnotherapist weaving modern psychology with ancient wisdom She has shared hypnobirthing with thousands of couples world wide attended dozens of

births and is passionate about helping babies arrive calmly and comfortably to confident positive parents Praise for the first edition Hypnobirthing is the best way to experience the exceptional design of the human body It gives you the correct tools to switch off the unhelpful voices and switch on the expert in you There s no going back from there Kat Berry has eloquently and succinctly explained everything you need to know A great read Jacqui Tomkins Chair of Independent Midwives UK IMUK

Mindful Hypnobirthing Sophie Fletcher,2014-03-06 Hypnotherapist and experienced doula Sophie Fletcher shares with you the secrets to having a safe natural and positive birth Using a powerful combination of mindfulness hypnosis and relaxation techniques Sophie will ensure you feel genuinely excited and completely prepared for birth With stories from women who have successfully used the tools in this book and downloadable hypnosis and relaxation tracks discover how to use your mind and body together to stay focused and in control draw on visualisation and breathing techniques to help birth progress feel positive and empowered before during and after you give birth Reassuring practical and based entirely on what works Mindful Hypnobirthing is your essential guide to giving birth the way you want to *Natural Childbirth the Bradley Way* Susan McCutcheon,2018-02-06 The classic guide to an unmedicated childbirth fully revised for the twenty first century with updated information and attractive new illustrations and photos throughout For women birthing vaginally 90% of Bradley births are drug free The Bradley Method used and praised by women for almost seventy years prepares you for drug and surgery free childbirth and puts you in control by providing the tools to navigate evidence based care Certified childbirth educator Susan McCutcheon one of Dr Bradley s first students now makes this natural approach to childbirth more accessible than ever You will learn Exercises and nutrition to get your body ready for birthing To defuse fear by understanding all aspects of laboring How to involve your partner as a birth coach and a fully engaged participant What s driving the induction epidemic and how to avoid an unnecessary induction What s driving the cesarean surgery epidemic and how to reduce your risk How to get the information you need to make informed decisions about your birth The Bradley Method s simple objective through relaxation breathing and visualization is a birth free of the interventions frequently offered to women in the different stages of childbirth fetal monitors drug induced labor anesthesia episiotomy and Caesarean section Its other defining feature the husband s active participation in the delivery is critical to this overall goal of an intervention free birth Mothering *The HypnoBirthing Technique* Vannessa Cermak,2021-06-05 If you re considering hypnosis to help keep labor pain and the anxiety and fear associated with childbirth at bay this technique can help Here s what you ll discover inside What one essential oil can relieve pre delivery anxiety What should you pack in your delivery go bag What one person can alleviate your stress during labor and delivery What one thing can you do to guarantee an almost pain less labor and delivery Learn all these things and so much more in this ground breaking new book And much much more

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