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## Effective Birth Preparation: Your Practical Guide to a ...

Maggie has recently completed her first book Effective birth preparation - a practical guide to a better birthA". This practical, inspirational and easy to read guide takes women and their partners through 5 easy steps.

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## Effective Birth Preparation Your Practical Guide To A ...

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In response to the success of the award winning "Natal Hypnotherapy CDs" and courses, founder Maggie Howell has published a complete guide to birth preparation. This informative, down to earth and inspiring guide takes the reader step by step through mental, emotional and physical preparation for birth. Based on her ground breaking work with thousands of women and birth professionals, the book ...