



## NLP for New Mums - Pregnancy and Childbirth (Paperback)

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By Judy Bartkowiak

MX Publishing, United Kingdom, 2010. Paperback. Condition: New. 1st Revised edition. Language: English . Brand New Book. You will find NLP exercises, tips and techniques for dealing with these important life changes. There are chapters on: using the power of your mind to help you get pregnant; anchoring a calm, confident and resourceful state; understanding the new you and adjusting to the life changes; building rapport and self esteem; coping with the emotional highs and lows; dealing with sibling rivalry.



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### Reviews

*Extensive information for book fanatics. Better than never, though i am quite late in start reading this one. I am just delighted to tell you that this is basically the best pdf i actually have go through within my personal daily life and might be he greatest pdf for actually.*

-- **Guillermo Marquardt**

*Thorough guideline! Its this type of good read. It is really simplistic but shocks from the 50 percent from the publication. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Sallie Wiegand**