



Magical Beginnings, Enchanted Lives

By Deepak Chopra M.D., David Simon M.D., Deepak Chopra, David Simon, Vicki Abrams

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A much-needed antidote to our modern, assembly-line approach to childbirth, this new book is designed as a guide for all who wish to participate in the wondrous process of bringing new life into the world. Its ideas derive from two sources: the ancient wisdom of Ayurveda, with its emphasis on body, mind, and spirit, and the latest Western scientific prenatal research. By integrating the best information from these two very different perspectives, this remarkable book gives readers the tools to ensure that our children are nourished by thoughts, words, and actions from the very moment of conception.

Magical Beginnings, Enchanted Lives is rich in practical information, including strategies to help enliven the body intelligence of unborn babies by nourishing each of their five senses, as well as through Ayurvedically balanced nutrition and eating with awareness. Specific yoga poses and meditation techniques reduce the mother's stress and improve the infant's emotional environment, as do tips for conscious communication with a partner. Exercises prepare parents for the experience of childbirth itself, followed by natural approaches to dealing with the first weeks of parenting, from healing herbs to enhancing your milk supply to coping with postpartum depression.

Inspiring, expansive, and remarkably informative, this unique book from acclaimed experts in mind-body medicine will profoundly enhance the experience of pregnancy and birth for both parents and baby.

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- Sales Rank: #31391 in Books
- Published on: 2005-03-22
- Released on: 2005-03-22
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .95" w x 6.00" l, 1.05 pounds
- Binding: Paperback
- 336 pages

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Editorial Review

From Publishers Weekly

Chopra (*Peace Is the Way*; *The Seven Spiritual Laws of Yoga*; etc.) and his colleagues at the Chopra Center for Well Being offer pregnant women, their partners and healthcare providers a practical, thought-provoking framework in which to experience pregnancy and childbirth. Chopra advocates techniques drawn from ayurveda, the centuries-old Indian medical science, combined with daily yoga and meditation practice, to help deepen a woman's connection to herself, her baby and her own intuitive wisdom. Chopra says that the months during which a woman carries a child are a naturally introspective period and provide an ideal opportunity to cultivate awareness of physical, mental, emotional and spiritual states. To facilitate this process, the Chopra Center developed the Magical Beginnings program for parents and training programs for prenatal educators to aid them in integrating ayurvedic therapies (focused on nutrition, sound, sight, touch and aroma), meditation, yoga, visualization and journaling into a holistic approach to pregnancy. According to Chopra, Western images of childbirth can instill unconscious fears, causing undue stress to mother and child. To help women tackle these worries, he offers helpful medical information on the physical aspects of childbirth, ways to process difficult emotions, and suggestions for healthy communication between partners. In addition to pregnant women and their caretakers, readers interested in birthing and raising conscious children will likely be inspired by Chopra's stirring call for mindful parenting from conception through birth and beyond. 23 illus. *Agent, Muriel Nellis with Literary and Creative Artists. (Mar.)*Forecast: *Chopra's name alone could sell this book; print ads and national publicity will garner an even larger audience.*
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Review

"The rock star of the new spirituality" Guardian "The poet-prophet of alternative medicine" Time "A world leader in mind-body medicine" Eve "Deepak Chopra is the pioneer of alternative medicine" Bill Clinton "One of the foremost scientists and spiritual thinkers of our time" Here's Health

From the Inside Flap

A much-needed antidote to our modern, assembly-line approach to childbirth, this new book is designed as a guide for all who wish to participate in the wondrous process of bringing new life into the world. Its ideas derive from two sources: the ancient wisdom of Ayurveda, with its emphasis on body, mind, and spirit, and the latest Western scientific prenatal research. By integrating the best information from these two very different perspectives, this remarkable book gives readers the tools to ensure that our children are nourished by thoughts, words, and actions from the very moment of conception.

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Users Review

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David Binkley:

The reason why? Because this Magical Beginnings, Enchanted Lives is an unordinary book that the inside of the e-book waiting for you to snap the item but latter it will jolt you with the secret it inside. Reading this book next to it was fantastic author who all write the book in such remarkable way makes the content on the inside easier to understand, entertaining way but still convey the meaning completely. So , it is good for you because of not hesitating having this any more or you going to regret it. This phenomenal book will give you a lot of gains than the other book have got such as help improving your skill and your critical thinking means. So , still want to hesitate having that book? If I were you I will go to the publication store hurriedly.

Carol McElroy:

Reading can called mind hangout, why? Because when you find yourself reading a book specifically book entitled Magical Beginnings, Enchanted Lives your thoughts will drift away trough every dimension, wandering in each and every aspect that maybe unidentified for but surely might be your mind friends. Imaging every single word written in a reserve then become one web form conclusion and explanation that maybe you never get prior to. The Magical Beginnings, Enchanted Lives giving you yet another experience more than blown away your thoughts but also giving you useful information for your better life in this particular era. So now let us teach you the relaxing pattern this is your body and mind is going to be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

Lydia Rogers:

Your reading sixth sense will not betray you actually, why because this Magical Beginnings, Enchanted Lives e-book written by well-known writer whose to say well how to make book that could be understand by anyone who also read the book. Written within good manner for you, leaking every ideas and creating skill only for eliminate your current hunger then you still hesitation Magical Beginnings, Enchanted Lives as good book but not only by the cover but also by content. This is one e-book that can break don't judge book by its handle, so do you still needing yet another sixth sense to pick this particular!?! Oh come on your studying sixth sense already alerted you so why you have to listening to a different sixth sense.

Sherry Fitzgerald:

What is your hobby? Have you heard that question when you got scholars? We believe that that question was given by teacher on their students. Many kinds of hobby, All people has different hobby. And you know that little person including reading or as examining become their hobby. You have to know that reading is very important in addition to book as to be the factor. Book is important thing to increase you knowledge, except your teacher or lecturer. You see good news or update concerning something by book. Different categories of books that can you decide to try be your object. One of them is this Magical Beginnings, Enchanted Lives.

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