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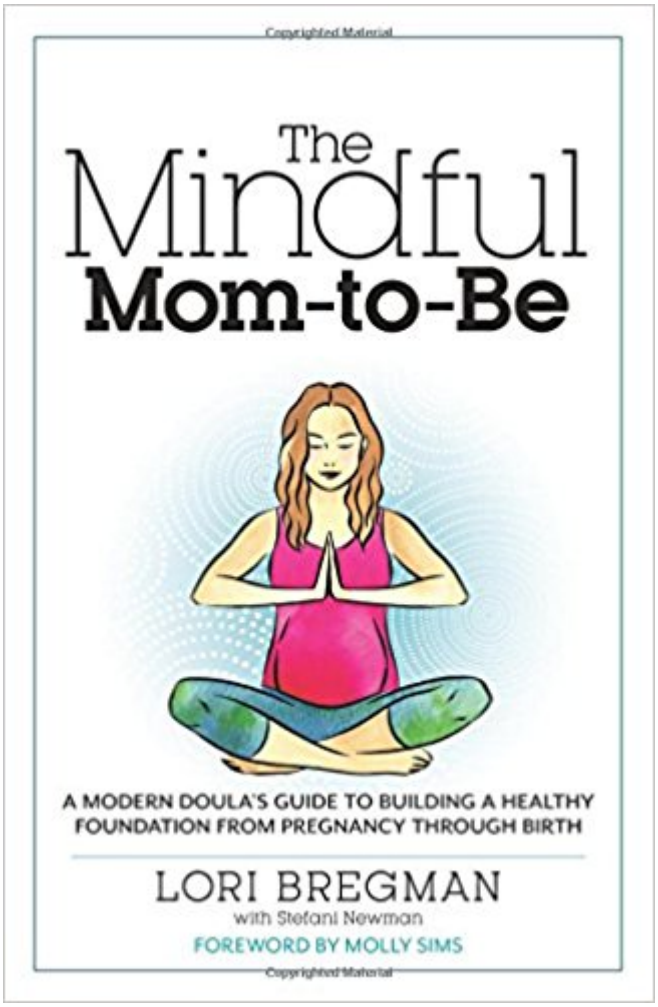
# The Mindful Mom-To-Be: A Modern Doula's Guide To Building A Healthy Foundation From Pregnancy Through Birth

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## Synopsis

Strengthening your own foundation is one of the very best beginnings you can give your child. In The Mindful Mom-to-Be, doula and pregnancy coach Lori Bregman guides you in your journey toward motherhood by empowering you to find what works best for you and your baby. In addition to concrete, prescriptive health information, including nutritional advice, natural remedies, developmental milestones, and techniques for labor, she offers simple and enjoyable spiritual and emotional exercises to help you prepare for motherhood. As Lori explains, you’re not just birthing a baby; you’re birthing yourself as a mom, too. With month-by-month advice, comprehensive checklists, and customizable birth plans, this is your indispensible, holistic companion for pregnancy, birth, and beyond.

## Book Information

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## Customer Reviews

Ã¢â ¬Å“We love Lori! We worked with her throughout the pregnancy and birth of our daughter. The Mindful Mom-to-Be is just like having Lori by your side, supporting you throughout your journey into parenthood. Read this book now!Ã¢â ¬Â• Ã¢â ¬â ¢Kristen Bell and Dax ShephardÃ¢â ¬Å“I feel so blessed to have had Lori on my pregnancy journey and by my side for the birth of my son. She made me feel so relaxed and ready for birth, dismissed all fear, and helped me focus on LOVE!Ã¢â ¬Â• Ã¢â ¬â ¢Kelly RowlandÃ¢â ¬Å“The Mindful Mom-to-Be offers an empowering approach to pregnancy and childbirth that will help you find your own authentic path.Ã¢â ¬Â• Ã¢â ¬â ¢Jay M. Goldberg, MD, OB/GYN

Lori Bregman is the founder of the Rooted for Life pregnancy coaching program, a complete body, mind, and spirit support system that helps women through fertility, pregnancy, birth, and into motherhood. She blogs for ModernMom.com, MindBodyGreen.com, and at her own blog, LoriBregman.com. She lives in Santa Monica, CA.

I'm only in the first chapter, and already I've come across some very questionable advice regarding nutrition. For example, she recommends large doses of vitamin E - older studies had cited vitamin E as helping to prevent miscarriage, but newer studies show that it can actually be very dangerous. She also doesn't differentiate between folic acid and folate, essentially saying that they are synonymous. While that's true to a certain extent, women with the mthfr gene mutation can't absorb folic acid at all, and it's vitally important that the consume folate. This is a very important distinction for those women (most of whom don't know they have the mutation and should be taking folate just in case), and folate is more bioavailable to everyone and is therefore a better choice for all women, so why would she skip this information? She also recommends decaffeinated green tea. Green tea has been proven to interfere with the absorption of folate, and should be avoided, especially in the first trimester. Overall, I feel very lucky to know a lot of this information going in. If I were relying solely on the nutritional advice in this book, I'd be making some very questionable decisions. Please do yourself a favor and verify all information in other, better informed sources, such as medical journal articles. Will revise review later if my opinion changes after reading more of the book, but only a few pages in, and I felt the need to warn other readers of this under-researched advice.

This is one of the best books I have ever read on pregnancy and childbirth! The Mindful Mom-to-Be is unique because it provides invaluable insight into the physical, spiritual, and emotional development that one goes through during pregnancy and beyond. Each chapter covers a different month of pregnancy and provides nutritional tips/recipes as well as stretches and exercises that can help relieve common pregnancy symptoms. The author even breaks down clinical facts/information in an accessible way that makes you feel excited about the changes and growth that occur during pregnancy. The Mindful Mom-to-Be is a must-read for all expectant mothers!

This is the BEST book for any woman who is either trying to get pregnant, or is already pregnant! She shares loads of wonderful and helpful information including breathing exercises, different body poses, journaling exercises, DIY home remedies, overall pregnancy facts, etc. This is a must read

that can benefit both mom and baby!

I love Lori's book so much and as a Type A, first-time Mother... I bought ALL the books. Hers was by far my favorite, so much so that I hired her as my doula!! Having gone thru my pregnancy with Lori by my side, I can without a doubt say that I am so excited about my upcoming birth and have no fear or anxiety bc we don't hold space for those things. Lori is a beautiful person, inside and out and her book truly is an exceptional path for any new mother to follow.

SO happy to have come across this book! I literally just bought 5 copies for gifts. Lori is so thoughtful in her delivery and breaks everything down in a simple and easily digestable way for any mindful moms to be. In a world where there are so many different schools of thought, it's nice to have one trusted go to manual from someone so knowledgable in the holistic ways of bringing a child into this world. Highly recommend!

Great book for anyone looking to read something a little less scientific and a little more spiritual/mindful. It had a lot of great insights and exercises that I have used during my pregnancy to keep me calm and happy. I highly recommend this read for any future Mommies regardless of where you are at in your pregnancy.

I am still reading this book but so far this is the only pregnancy book that hasn't completely terrified me! Thank you Lori! It's such a great read with good everyday advice for life and motherhood and I love all the recipes and stretches she has added in there. I can read this so easily and not get freaked out about having my first babe, yay! I do recommend this read!

This is a great book for when expecting - so many helpful tips, yoga positions for different stages of pregnancy and recipes. This book supports a peaceful pregnancy/birth and made me feel relaxed and comfortable about pregnancy and labor. My husband also read this book and found it useful to help supprt me during pregnancy. Overall a great read.

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