



## 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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*This publication might be well worth a read, and much better than other. It really is simplified but excitement inside the 50 % of the book. You will not feel monotony at whenever you want of the time (that's what catalogues are for concerning when you check with me).*

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