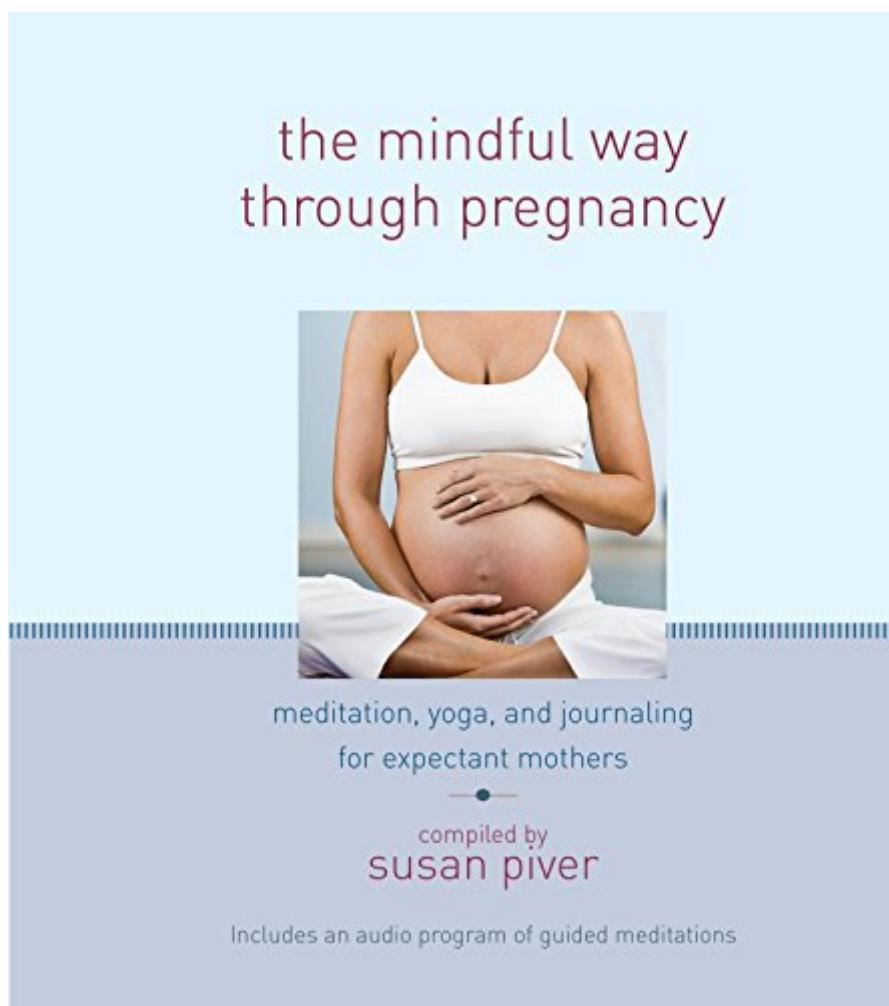


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# The Mindful Way Through Pregnancy: Meditation, Yoga, And Journaling For Expectant Mothers



## Synopsis

Pregnancy is a time of wonder and of momentous change, both emotionally and physically. For many women, it is a time like no other in their lives, filled with excitement and awe but also with great uncertainty and vulnerability. This book-and-audio program brings together writings and simple daily practices for bringing the transformative power of mindfulness to this special time. The Mindful Way through Pregnancy features: *Yoga and meditation teacher Anne Cushman on finding balance amid the emotional ups and downs of pregnancy* *Author Celia Straus on bonding with your child during pregnancy* *Yoga teacher Jennifer Brilliant on caring for your changing body* *Meditation teacher Judith Lief on calming your fears about childbirth and parenthood* *Author Mimi Doe on setting your intentions for parenthood* *Zen teacher Karen Maezen Miller on mindfulness and the childbirth experience* Also included is an audio download of guided meditation instruction for four simple meditation practices for expectant mothers. Drawn from the Buddhist tradition, these practices offer different ways to develop a sense of calm well-being throughout pregnancy.

## Book Information

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## Customer Reviews

The words and practices in this little gem of a book are such a relief and very soothing for the anxiety I have experienced as an expectant mom. My husband and I have been reading some of it together and he has felt similarly. Normally new moms are loaded up with an overwhelming amount of practical information, do's and don'ts that can make a new mama's head spin. In addition, we are fed incomplete and simplistic ideas of what the experience of becoming a mother is all about. This is the antidote or companion to all of that, telling and showing us how to rest in and be with what is and to find a deeper, more peaceful place in this most wild of experiences.

This book was an easy, quick read. I enjoyed the various contributions for the most part. The Yoga section didn't necessarily fit in my opinion because a major section of the book was showing/describing yoga poses. This type of book would not work well to use when practicing yoga because it does not stay open on its own. Also, while I did appreciate the meditation CD, I sort of felt that it was not necessarily meant for pregnant women because some of the instructions were to lie on your back (which we aren't supposed to do, if possible!) I enjoyed the resources recommendation section.

At 118 pages, this is a quick read. Take into account that about 35 pages are dedicated to showing you yoga poses, and it's an even quicker read. The other chapters are so brief that it seems superficial. I really wanted to love this book. This is a good start to a great book, but I felt like it lacked any depth.

Most pregnancy books that I get asked to review are about taking care of your baby, or preparing for birth. Very few of them talk about the mental health and well-being of the pregnant mother, and even less focus solely on the mother's health as a whole. The Mindful Way Through Pregnancy by Susan Piver seemed like a welcome change, since it promised to focus primarily on the pregnant mother, promoting whole health and well-being, featuring a unique blend of authors with expert advice and experience in mental, physical, and spiritual health. This book combines several components of conscious living, including meditation, yoga, and journaling, to give you a truly mindful experience through your pregnancy. It comes with a CD of guided meditations that help you

relieve stress, let go of fears, reach a level of deep relaxation, and bond with your baby. Inner Wellness found this book especially unique because, instead of constantly looking ahead to the birth, this book focuses on your present feelings in the 'here and now'. It promotes a deep connection with your baby and your pregnancy and includes many thought provoking pieces that explore feelings and encourage you to make conscious decisions about pregnancy, birth, and parenting. Physical Wellness In addition to its more thoughtful pieces, The Mindful Way Through Pregnancy includes yoga and relaxation exercises that you can use for the rest of your life, but that are particularly helpful during pregnancy. I have been doing beginning yoga for awhile, so I've done a small variety of poses. The poses in this book are basic, but they feel great, are beneficial, and are easy to perform no matter what your level of physical fitness. ~ Though it's practices and ideas have strong roots in Buddhism, this is not a religious book. These concepts can be adapted to any belief system and are about promoting peace within yourself, with your pregnancy, and with others. I love this book because of it's holistic approach to woman's health and well-being during pregnancy. I would recommend it to anyone looking to enjoy their pregnancy more, increase their awareness of themselves and their baby, bond deeply with their baby, and become healthier inside and out.\*\*

Note: I received this book as a free review copy and was not compensated in any way for the writing of this review. Review originally published at:

[naturalfamilytoday.com/pregnancy-birth/the-mindful-way-through-pregnancy/#ixzz2HyTGhhjN](http://naturalfamilytoday.com/pregnancy-birth/the-mindful-way-through-pregnancy/#ixzz2HyTGhhjN)

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