

# Mp3 Gabrielle Targett - Hypnosis For Birth Cd 1

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This highly effective relaxation for pregnancy hypnosis CD and affirmations assists women to relax, breathe and prepare mentally for birth in an empowered and calm way. 2 MP3 Songs SPOKEN WORD: With Music, EASY LISTENING: Background Music Details: About A Labour of Love Hypnosis for Birth A Labour of Love is the business name of Gabrielle Targett, Australia's leading childbirth educator, author of A Labour of Love An Australian Guide to Natural Childbirth, hypnosis for birth practitioner and doula. Gabrielle Targett has assisted hundreds of women around Australia through her Labour of Love programmes to have a natural, calm and empowered birth experience. This programme is designed to teach safe and effective hypnosis techniques and relaxation that can be practised during pregnancy, in preparation for birth. Through regularly listening to this CD women become skilled in relaxation and breathing techniques reducing the fear associated with childbirth, intensity of labour, and need for medical assistance. Through learning how to relax and remain calm, women gain great confidence in trusting and believing in their body and the job it is designed to do. Searches:labour relaxation download

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