



# Mindful Hypnobirthing: Hypnosis and mindfulness techniques for a calm and confident birth

*Sophie Fletcher*

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**Mindful Hypnobirthing: Hypnosis and mindfulness techniques for a calm and confident birth** Sophie Fletcher

Hypnotherapist and experienced doula Sophie Fletcher shares with you the secrets to having a safe, natural and positive birth. Using a powerful combination of mindfulness, hypnosis and relaxation techniques, Sophie will ensure you feel genuinely excited and completely prepared for birth.

With stories from women who have successfully used the tools in this book, and downloadable hypnosis and relaxation tracks, discover how to:

- use your mind and body together to stay focused and in control
- draw on visualisation and breathing techniques to help birth progress
- feel positive and empowered, before, during and after you give birth

Reassuring, practical and based entirely on what works, *Mindful Hypnobirthing* is your essential guide to giving birth the way you want to.

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