

# 7q3AK [GET] The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality

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A guide to help support women through post-partum healing on the physical, emotional, relational, and spiritual levels. This holistic guide offers practical advice to support women through postpartum healing on the physical, emotional, relational, and spiritual levels - and provides women with a roadmap to this very important transition that can last from a few months to a few years. Kimberly Ann Johnson draws from her vast professional experience as a doula, postpartum consultant, yoga teacher, body worker, and women's health care advocate, and from the healing traditions of Ayurveda, traditional Chinese medicine, and herbalism - as well as her own personal experience - to cover: how you can prepare your body for birth; how you can organize yourself and your household for the best possible transition to motherhood; simple practices and home remedies to facilitate healing and restore energy; how to strengthen relationships and aid the return to sex; learning to exercise safely postpartum; carrying your baby with comfort; exploring the complex and often conflicting emotions that arise postpartum; and much more. PLEASE NOTE: When you purchase this title, the accompanying PDF will be available in your Audible Library along with the audio.

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