

***Magical Beginnings Enchanted Lives A Holistic Guide To  
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**Magical Beginnings, Enchanted Lives: Deepak Chopra M.D ...**

Magical Beginnings, Enchanted Lives: A Holistic Guide to Pregnancy and Childbirth. Exercises prepare parents for the experience of childbirth itself, followed by natural approaches to dealing with the first weeks of parenting, from healing herbs to enhancing your milk supply to coping with postpartum depression.

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## Magical Beginnings, Enchanted Lives

Magical Beginnings, Enchanted Lives: A Holistic Guide to Pregnancy and Childbirth by Deepak Chopra, David Simon, Vicki Abrams. A much-needed antidote to our modern, assembly-line approach to childbirth, this new book is designed as a guide for all who wish to participate in the wondrous process of bringing new life into the world.

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**Magical Beginnings, Enchanted Lives by Deepak Chopra, M.D ...**

Magical Beginnings, Enchanted Lives: A Guide to Pregnancy and Childbirth Through Meditation, Ayurveda, and Yoga Techniques. There is also a chapter on emotions and communication and another on health for fathers (as well as a primer on what to expect in your pregnant partner) that are excellent and share information not found in many other pregnancy books.

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