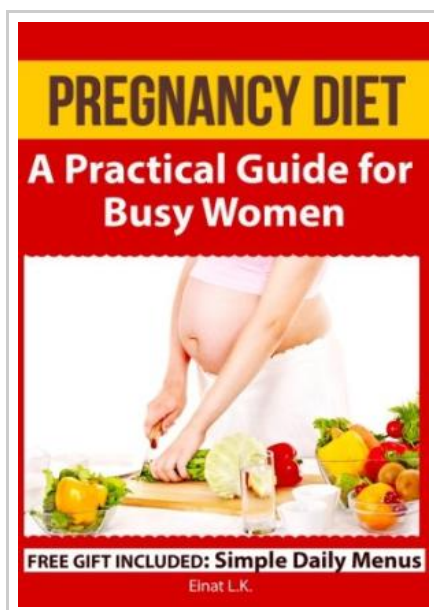



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Pregnancy Diet A Practical Guide for Busy Women My Pregnancy Toolkit Books Collection

By Einat L. K.

Speedy Publishing LLC. Paperback. Book Condition: New. Leda Vaneva (illustrator). Paperback. 74 pages. Dimensions: 10.0in. x 7.0in. x 0.2in. Are you feeling stressed about your pregnancy and the upcoming childbirth? Do you worry that your stress will hurt your baby? We all want this to be a calm and happy time in our life, but for many women pregnancy is a stressful experience. Don't let it get to you. There is a simple and efficient technique that you can use to deal with your stress. Stress can hurt both you and your baby. While you might struggle with insomnia and depression, your baby could suffer from malnutrition and an increased risk of birth defects. Stress during pregnancy can even cause preterm labor or a miscarriage. Studies have also shown that babies born to stressed-out mothers tend to follow suit and grow up to be anxiety-ridden adults. Your mood is already affecting your baby, so don't wait to make a change. Like you, I found pregnancy very stressful. Every day I worried that I wouldn't be able to cope with my new role as a mother and that my childbirth would be terrifying. I was constantly worried and anxious. It was then...



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