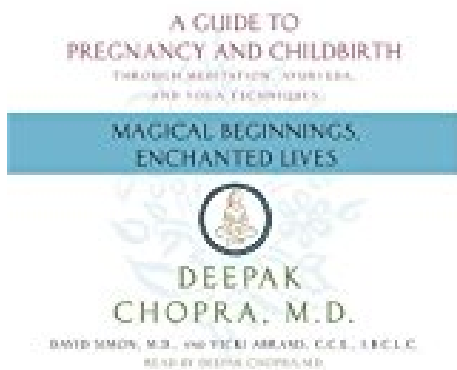


[PDF] Magical Beginnings, Enchanted Lives (Deepak Chopra)

**Deepak Chopra M.D., David Simon M.D., Vicky Abrams CCE
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Books Details:

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Description:

From Publishers Weekly Chopra (*Peace Is the Way; The Seven Spiritual Laws of Yoga; etc.*) and his colleagues at the Chopra Center for Well Being offer pregnant women, their partners and healthcare providers a practical, thought-provoking framework in which to experience pregnancy and childbirth. Chopra advocates techniques drawn from ayurveda, the centuries-old Indian medical

science, combined with daily yoga and meditation practice, to help deepen a woman's connection to herself, her baby and her own intuitive wisdom. Chopra says that the months during which a woman carries a child are a naturally introspective period and provide an ideal opportunity to cultivate awareness of physical, mental, emotional and spiritual states. To facilitate this process, the Chopra Center developed the Magical Beginnings program for parents and training programs for prenatal educators to aid them in integrating ayurvedic therapies (focused on nutrition, sound, sight, touch and aroma), meditation, yoga, visualization and journaling into a holistic approach to pregnancy. According to Chopra, Western images of childbirth can instill unconscious fears, causing undue stress to mother and child. To help women tackle these worries, he offers helpful medical information on the physical aspects of childbirth, ways to process difficult emotions, and suggestions for healthy communication between partners. In addition to pregnant women and their caretakers, readers interested in birthing and raising conscious children will likely be inspired by Chopra's stirring call for mindful parenting from conception through birth and beyond. 23 illus. *Agent, Muriel Nellis with Literary and Creative Artists. (Mar.)*Forecast:*Chopra's name alone could sell this book; print ads and national publicity will garner an even larger audience.*
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Review "The rock star of the new spirituality" Guardian "The poet-prophet of alternative medicine" Time "A world leader in mind-body medicine" Eve "Deepak Chopra is the pioneer of alternative medicine" Bill Clinton "One of the foremost scientists and spiritual thinkers of our time" Here's Health --This text refers to an out of print or unavailable edition of this title.

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