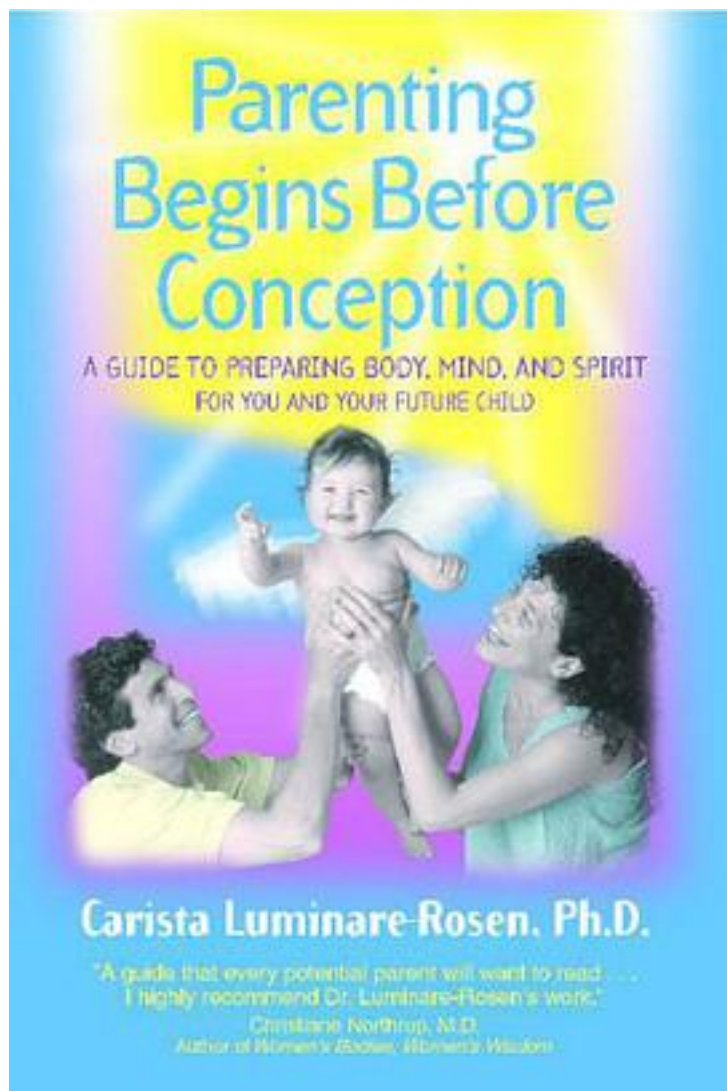


Parenting Begins Before Conception



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An inspiring and groundbreaking book, Parenting Begins Before Conception shows prospective parents how they can lay the foundations for a healthy and happy family life even before a child is conceived and born." New research contends that prenatal life and the birth experience are often profound determinants of human personality and aptitude." Hundreds of university and hospital studies conclude that unborn children see, hear, and feel in the womb.Dr. Carista Luminare-Rosen explores the universal forces underlying conception and shows parents how they can optimize their child's physical, emotional, mental, and spiritual health by considering a host of important issues well in advance." Weaving together modern preconception and prenatal health knowledge with ancient wisdom, the author guides parents through a unique holistic program designed to prepare them for the myriad changes, adjustments, and joys that accompany the major transition to parenthood." Dr. Luminare-Rosen helps readers consider their own readiness for parenthood--physically, psychologically, and spiritually--so that when the child of their dreams arrives, they are fully prepped to welcome this new being--body, mind, and soul.

作者介绍:

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