

# Seven Secrets to Raising a Happy and Healthy Child



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Based on Ayurveda, Seven Secrets is the first book on the mind/body approach to pregnancy and parenting. Joyce Golden Seyburn guides her readers through simple practices to be performed from conception through to childhood that include centring mum while calming the baby, baby massage, and determining the baby's mind/body type after birth. This book has no age boundaries and can easily applied to any age child.

作者介绍:

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