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45 and Pregnant: How I Conceived and Delivered Naturally (Natural Childbirth for Mothers Over 40)

Liz Angeles

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Are You an Impatient Woman Wanting to Get Pregnant? I'll tell you how I got pregnant NATURALLY at 44.

Learn 20 Simple Natural Birth Tips

Learn Powerful Natural Fertility and Childbirth Techniques.

- How to Find the Right Man at the Right Time.
- How to Stop Stressing and Get the Results You Want.
- How to Surrender and Let Nature Take its Course.
- How to Find the Right Place to Deliver Your Baby.
- How to Have a Healthy Pregnancy.
- How to Create a Strong, Healthy Child.
- How to Deliver a Healthy Alert Baby.
- How to Create a Serene Environment for Birth.
- How to Find Your Inner Feminine Power.
- How to Create the Mindset You Need to Deliver Naturally.
- How to Find the Right Midwife.
- How to Find a Great Doula.
- How to Feed a New Baby.
- How to Avoid Post Partum Depression.
- How to Have Excellent Milk Production.
- How to Navigate the New Waters of Motherhood.
- How to Find Support When You Have No Family Nearby.
- How to Gather Supplies Needed for a New Baby.
- How to Keep Positive During Your Pregnancy.
- How to Recover from a Natural Birth.

You CAN have the family you've always wanted!

How to Get Your Body Back!
If you are trying to conceive naturally and considering natural childbirth either in the hospital or the Bradley way, if you are pregnant for the first time over 40, a first-time new mother, and want information about home

birth, water birth, supplies, conception tips, this is an excellent pregnancy gift or book on pregnancy and delivery for a new first-time mother.

45 and PREGNANT is a 3-part journey that begins with a 44-year-old single woman with no prospects, that leads quickly to a middle-aged pregnancy. Her fears and worries about childbirth with her historically low pain threshold were later transformed by her decision to have a home water birth with no drugs and her success story that involved no complications. Beginning with a serendipitous love story that led to the sudden pregnancy and concluding with the family events that transpired beyond the delivery, Liz Angeles provides a plethora of information for anyone considering a natural birth. Her comical memoir spanning a 5-year period includes many healthy pregnancy tips and natural parenting options. Her revealing details and personal choices promise to educate, entertain and inspire.

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From reader reviews:

Mary Gines:

Book is definitely written, printed, or outlined for everything. You can learn everything you want by a guide. Book has a different type. As you may know that book is important thing to bring us around the world. Close to that you can your reading ability was fluently. A guide 45 and Pregnant: How I Conceived and Delivered Naturally (Natural Childbirth for Mothers Over 40) will make you to become smarter. You can feel far more confidence if you can know about every thing. But some of you think that open or reading a book make you bored. It isn't make you fun. Why they may be thought like that? Have you in search of best book or appropriate book with you?

Nancy Hunt:

Now a day people who Living in the era just where everything reachable by interact with the internet and the resources within it can be true or not involve people to be aware of each facts they get. How people have to be smart in having any information nowadays? Of course the answer then is reading a book. Examining a book can help persons out of this uncertainty Information specifically this 45 and Pregnant: How I Conceived and Delivered Naturally (Natural Childbirth for Mothers Over 40) book since this book offers you rich information and knowledge. Of course the details in this book hundred per-cent guarantees there is no doubt in it you know.

Annette Spafford:

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