



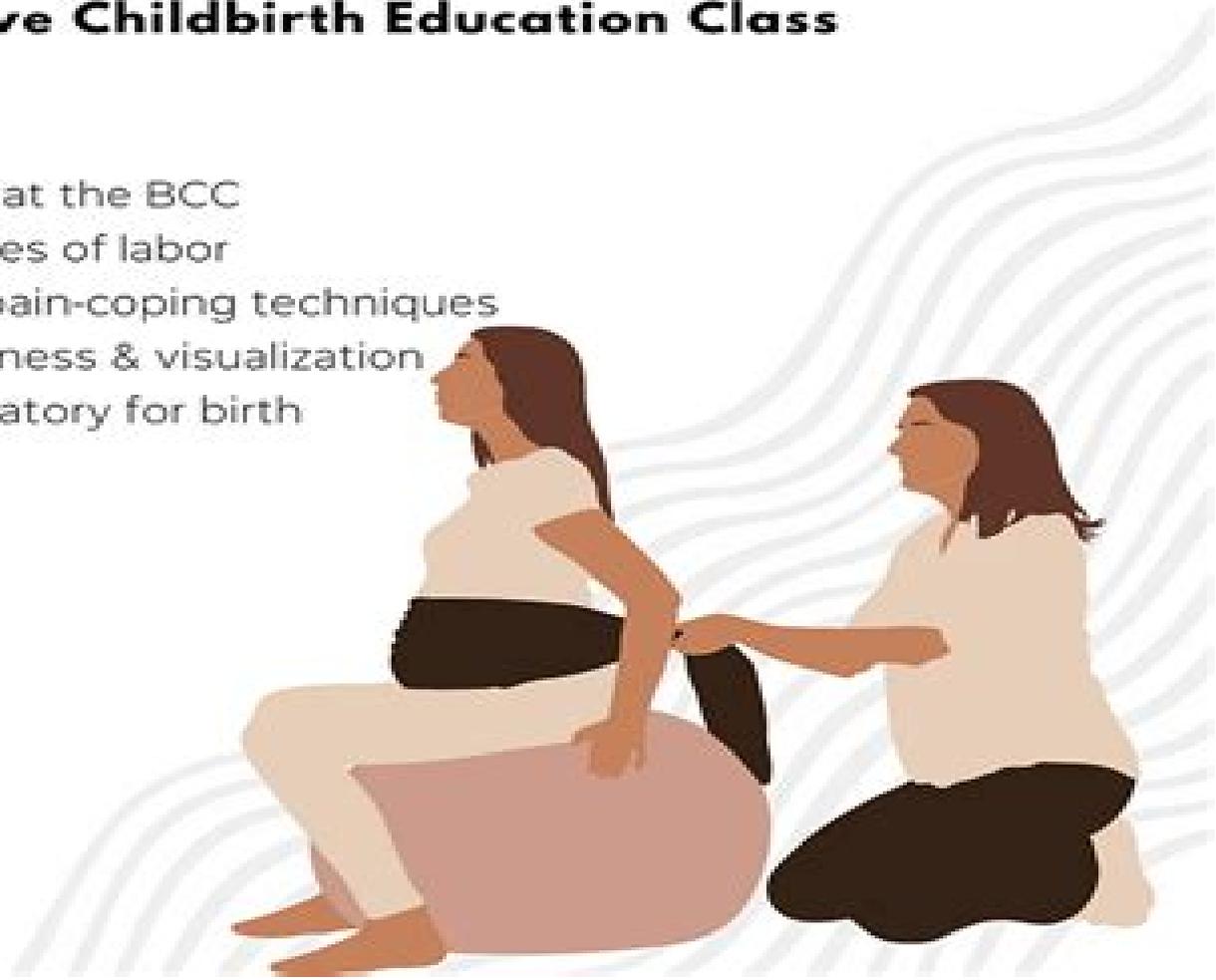
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A Comprehensive Childbirth Education Class

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- Phases and stages of labor
- Learn effective pain-coping techniques
- Practice mindfulness & visualization exercises preparatory for birth



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Birthing From Within

JR Anderson



Birthing From Within:

Immerse yourself in heartwarming tales of love and emotion with its touching creation, Tender Moments: **Birthing From Within** . This emotionally charged ebook, available for download in a PDF format (Download in PDF: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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