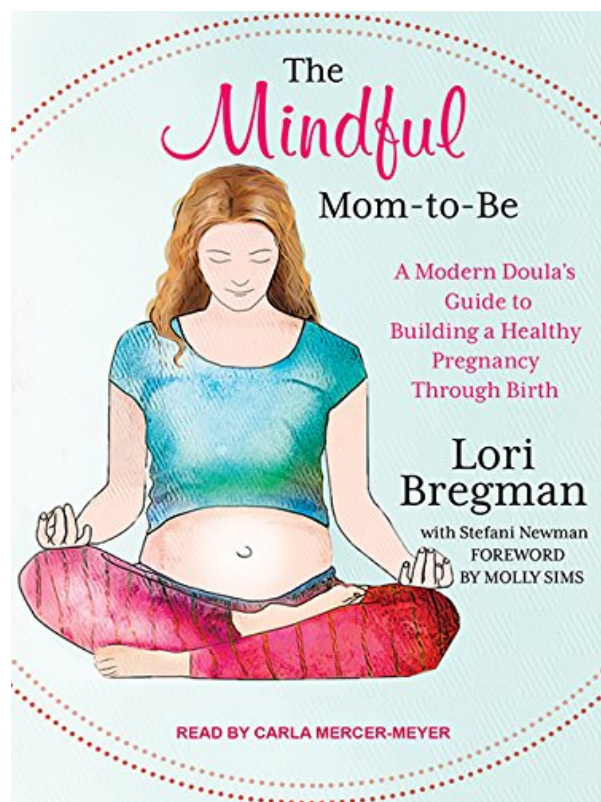
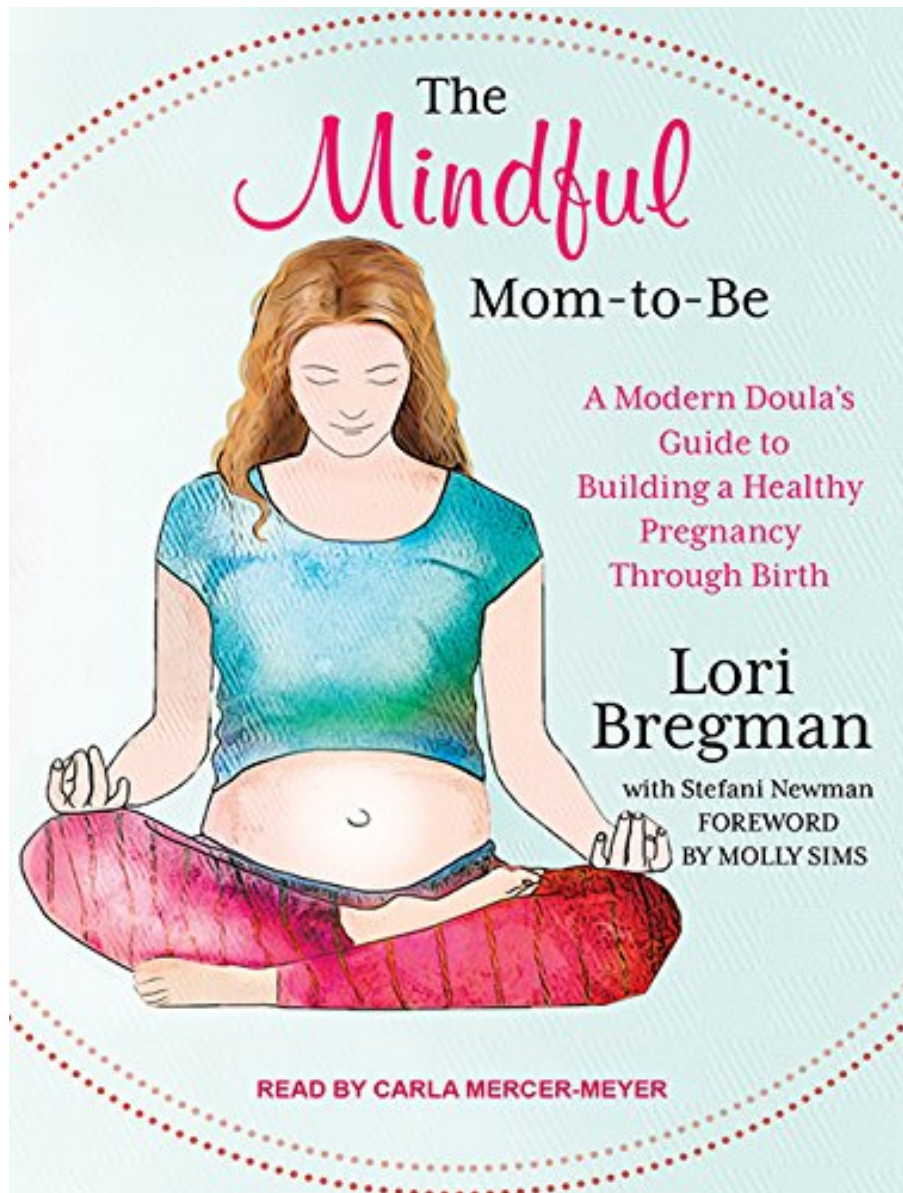


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Review

“We love Lori! We worked with her throughout the pregnancy and birth of our daughter. *The Mindful Mom-to-Be* is just like having Lori by your side, supporting you throughout your journey into parenthood. Read this book now!” ?Kristen Bell and Dax Shephard

“I feel so blessed to have had Lori on my pregnancy journey and by my side for the birth of my son. She made me feel so relaxed and ready for birth, dismissed all fear, and helped me focus on LOVE!” ?Kelly Rowland

“*The Mindful Mom-to-Be* offers an empowering approach to pregnancy and childbirth that will help you find your own authentic path.” ?Jay M. Goldberg, MD, OB/GYN

About the Author

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Carla Mercer-Meyer is an AudioFile Earphones Award-winning audiobook narrator. She has a strong musical theater background, as she has been performing her entire life. Her performances include *Into the Woods*; *You're a Good Man, Charlie Brown*; and many other theatrical productions. Carla resides in Southern California.

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Strengthening your own foundation is one of the very best beginnings you can give your child. In *The Mindful Mom-to-Be*, doula and pregnancy coach Lori Bregman guides you in your journey toward motherhood by empowering you to find what works best for you and your baby. In addition to concrete, prescriptive health information, including nutritional advice, natural remedies, developmental milestones, and techniques for labor, she offers simple and enjoyable spiritual and emotional exercises to help you prepare for motherhood. As Lori explains, you're not just birthing a baby; you're birthing yourself as a mom, too. With month-by-month advice, comprehensive checklists, and customizable birth plans, this is your indispensable, holistic companion for pregnancy, birth, and beyond.

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Most helpful customer reviews

37 of 37 people found the following review helpful.

Some ill-informed & incomplete advice

By anon

I'm only in the first chapter, and already I've come across some very questionable advice regarding nutrition. For example, she recommends large doses of vitamin E - older studies had cited vitamin E as helping to prevent miscarriage, but newer studies show that it can actually be very dangerous. She also doesn't differentiate between folic acid and folate, essentially saying that they are synonymous. While that's true to a certain extent, women with the mthfr gene mutation can't absorb folic acid at all, and it's vitally important that they consume folate. This is a very important distinction for those women (most of whom don't know they have the mutation and should be taking folate just in case), and folate is more bioavailable to everyone and is therefore a better choice for all women, so why would she skip this information? She also recommends decaffeinated green tea. Green tea has been proven to interfere with the absorption of folate, and should be avoided, especially in the first trimester. Overall, I feel very lucky to know a lot of this information going in. If I were relying solely on the nutritional advice in this book, I'd be making some very questionable decisions. Please do yourself a favor and verify all information in other, better informed sources, such as medical journal articles. Will revise review later if my opinion changes after reading more of the book, but only a few pages in, and I felt the need to warn other readers of this under-researched advice.

3 of 3 people found the following review helpful.

The Mindful Mom-To-Be: A Must-Read for Expectant Mothers!!!

By SmokeyBear

This is one of the best books I have ever read on pregnancy and childbirth! The Mindful Mom-to-Be is unique because it provides invaluable insight into the physical, spiritual, and emotional development that one goes through during pregnancy and beyond. Each chapter covers a different month of pregnancy and provides nutritional tips/recipes as well as stretches and exercises that can help relieve common pregnancy symptoms. The author even breaks down clinical facts/information in an accessible way that makes you feel excited about the changes and growth that occur during pregnancy. The Mindful Mom-to-Be is a must-read for all expectant mothers!

1 of 1 people found the following review helpful.

This is the BEST book for any woman who is either trying to ...

By Amazon Customer

This is the BEST book for any woman who is either trying to get pregnant, or is already pregnant! She shares loads of wonderful and helpful information including breathing exercises, different body poses, journaling exercises, DIY home remedies, overall pregnancy facts, etc. This is a must read that can benefit both mom and baby!

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