



Pregnancy, Birth and Beyond: A Spiritual and Practical Guide

Erika Gradenwitz-Koehler

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Pregnancy and child birth bring about significant physical changes and challenges. Most parents, however, also have spiritual and philosophical questions which most pregnancy books don't address. *Pregnancy, Birth and Beyond* covers both the practical and spiritual aspects of having a child. Erika Gradenwitz-Koehler explains how diet, state of mind and the desire for a child can all affect chances of conception. She gives advice for a healthy pregnancy in body, soul and spirit and helps prepare parents for the physical and emotional experience of birthing. Chapters on infant care include advice for nurturing the spirit, as well as discussing feeding and emotional attachment. This is a comprehensive but alternative guide to all aspects of conception, pregnancy, birth and infant care.

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