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expectant mother will find warm and reassuring advice that will help her stay calm focused and energized during this exciting time and beyond Rather than treat the arrival of a baby as strictly a one moment in time medical event author Karen Salt provides advice and wisdom to treat the whole woman her emotions and her physical changes and covers the entire year long experience of pregnancy childbirth and the postpartum period Salt s holistic approach unveils for mothers to be the backbone of the doula role to provide support information advocacy and facilitation to women during pregnancy labor and early motherhood and teaches her the many ways to use the doula philosophy to nurture herself through the process From meditation and relaxation exercises to fitness and nutrition advice to tips for achieving positive energy living this comprehensive guide puts mothers in control of their pregnancy their birthing experience and their approach to this wonderful and life altering time

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Running: A Love Story Jen A. Miller,2016-03-22 Jen Miller has fallen in and out of love but no man has been there for her the way running has In *Running A Love Story* Jen tells the story of her lifelong relationship with running doing so with wit thoughtfulness and brutal honesty Jen first laces up her sneakers in high school when like many people she sees running as a painful part of conditioning for other sports But when she discovers early in her career as a journalist that it helps her clear her mind focus her efforts and achieve new goals she becomes hooked for good Jen a middle of the pack but tenacious runner hones her skill while navigating relationships with men that like a tricky marathon route have their ups and downs relying on running to keep her steady in the hard times As Jen pushes herself toward ever greater challenges she finds that running helps her walk away

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