



# My Pregnancy Toolkit

Simple Tools for Busy Women that will Enable You  
to Enjoy an Easy Pregnancy and Childbirth 

Your  
Relaxation  
Kit



# My Pregnancy Toolkit

presents 



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Let me begin by **congratulating** you on your pregnancy and welcoming you to this **pregnancy relaxation kit**. This is a kit that will help you feel calmer and more relaxed during your pregnancy, and it will help you deal with your fears of childbirth.

## The kit includes:

1. A guide explaining how to use the kit
2. An Image Visualization Technique exercise to help deal with general fears of childbirth
3. An audio of a guided meditation for calming your fears of childbirth (mp3 file)
4. A positive affirmation for calming your fears of childbirth (mp3 file + designed affirmation)
5. An inspirational video containing positive affirmations that will strengthen your faith in yourself and your ability to give birth (mp4 file)

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If, despite all the **pressure** that comes with a pregnancy, you wish to get up in the morning with a **smile** on your face and arrive at your labor **without fears**, this kit is **for you**.

There are many fears that pop up while you are pregnant. You might worry about the health of your baby, about your changing body, about how different life will be once you become a mother. Many pregnant women worry about the upcoming childbirth, thinking that it will be a very painful experience.

Living in fear causes stress, and being stressed can be very harmful to both you and your baby. Some symptoms that you may experience are headaches and muscle pain, as well as an upset stomach and disturbed sleep.

Studies have shown that stress can be harmful to your unborn child. If you're under a lot of stress, your baby is at an increased risk of having a low birth weight or being born prematurely. Children born to mothers who were very stressed-out while pregnant have also been shown to be more susceptible to stress later in life than those born to relaxed, calm and confident mothers.

**That's why it's so important to work on your fears and strive for a calm, relaxed pregnancy.**



My name is Einat, and I was in your situation when I was pregnant with my first child. I was filled with fears, anxiety and concerns about the future. My biggest worry was that I wouldn't be able to cope with childbirth.

I heard many different accounts of childbirth, both before and during my pregnancy. Most of these stories focused on the negative aspects – on pain, fear and stress. When your mind is constantly fed stories like that, all your expectations tend to shift toward the negative. As a result, I was convinced I was going to have an unpleasant experience, and it brought a lot of unnecessary stress into my life.

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That is, until I decided that for me, childbirth would be different. **I would have an easy, natural birth without stress and fear.**

The first thing I had to do was find ways to manage my fears regarding childbirth. As one who has practiced various techniques on awareness and self-development, I knew I had to work on *my own mind* in order to relax. I was glad for the opportunity to be able to include this experience as part of my constant journey to personal development.

During this period I created **The Tree Of Power™**, which later became the method that I live by and use today.



Childbirth should be a joyous occasion, one that culminates in the co-creation of life. It shouldn't have to be so stressful, and you shouldn't have to spend the time during your pregnancy worrying about something as natural and wonderful as giving birth to your child.

The tools in this relaxation kit will **help you find peace**, and prepare you for a **safe delivery** of your baby. Once you have read this guide and used the kit, you can begin **enjoying your pregnancy** and will be able to look forward to the wonderful event that is childbirth.

Now, imagine yourself in labor. All of the fears and concerns that used to overwhelm you in the early stages of pregnancy are long gone. You've used this kit and neutralized your fear. You are *ready* to give birth to your child. **Imagine yourself having a natural, easy childbirth through which you'll go relaxed and smiling.** You are proud of yourself and your baby is proud of you for your calmness and inner peace.

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That's how my birth was, calm, natural and easy – just as it should be. Afterwards, my friends and acquaintances heard about my easy birth and I received many calls. Many of them asked for my help during their own pregnancies. They too wanted to have a calm, peaceful childbirth. One of my close friends, Mia, was especially interested in learning my techniques.



*Mia was pregnant with her second child when she spoke with me, and her first childbirth had been very traumatic for her. Back then, she was constantly fed stories about the pain and stress of labor. Her whole pregnancy was spent in a constant state of worry, as she prepared for the upcoming event. When she arrived at the hospital, she was stressed-out, tense and in a lot of pain.*

*She had an epidural as soon as was possible. Because of the epidural, and because she was so tense, her contractions slowed down. The midwives began talking about an emergency C-section, and Mia was in tears, brought on by stress and fear. However, thanks to one very supportive midwife, she was allowed to try and push a little longer. Although she did not need a Cesarean section, Mia did end up with an episiotomy.*

*Now that it was Mia's second time, she wanted to do things differently. Last time, she had been at the mercy of the midwives and was very nervous during the whole labor process. Now she wanted a calm, relaxed childbirth. She knew that the pain she had experienced was partly due to her own stress, so she wanted to work on that, in order to avoid interventions and epidurals.*

*That's the time she contacted me and asked for help. I guided her through the process of managing her fears, and Mia did a fantastic job of working on her worries. Her second time around, she was able to remain relaxed during labor and in turn experienced less pain. Because she was so calm, there was need for neither an epidural nor an episiotomy.*



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Hearing about her success made me want to help others who were dealing with fear of childbirth. That is why I created this kit. I know what it's like being under a lot of pressure and experiencing a lot of pain, and I'm also grateful that I know what can be done about it.

It's important that you know **you're not alone**. In fact, most pregnant women worry at some point or another about the upcoming childbirth. For some reason, however, women tend to think they are the only ones dealing with these fears and are surprised to learn that they are not. There is a universal emotional process that goes on within pregnant women, and fears about childbirth are a natural part of it.

That doesn't mean that you need to suffer from these fears. **With this kit, you can have a calm pregnancy and prepare for a natural, peaceful delivery.** So let's get going and find out what tools the kit contains.



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## Part 1: A guide explaining how to use the kit

This guide includes a detailed description of all parts in the kit. It can be used as a reference, while you work with the tools.

It's **important** that you **read the whole guide thoroughly** and learn how to use each part of the kit. That way you can get the **maximum benefit** out of it.

The kit has various tools, so that every woman can find the tools she thinks are best for her. All women have different tastes and preferences. Some prefer to read, while others react better to audio or video. Due to that fact, the tools might not have the same effect on everyone. It is important that you try to find out which tools work best for you and have the strongest effect on the fears you're dealing with.

The effectiveness of the tools depends on how you **choose to use them**. Only through **repetition** and **persistent work** can you hope to get the maximum benefit out of this kit. Your mind needs time to absorb the new affirmations and change its perception of childbirth from negative to positive. But don't worry: you only need to perform the daily exercises for **short periods of time**. If you hang in there and work with the tools in this kit, you can have the relaxed and calm childbirth that you want.



**Practice tip:** Take 15 minutes out of every day to work with the tools in this relaxation kit. It can be either at the start or end of your day, as long as you stick to it. Mark it as an appointment in your calendar and make a habit out of practicing the tools, and you will soon begin to see the rewards.

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## Part 2: An Image Visualization Technique exercise to help deal with general fears of childbirth

Every day, our minds receive **negative images** that can make us **fearful** and **worried**. When we hear how painful and scary childbirth supposedly is, we create an image of our upcoming delivery that is full of pain and stress. This image is what makes you worried and anxious.

With the **Image Visualization Technique**, you replace the negative image of childbirth with a **positive** one. When your visualization is very powerful, it becomes a part of your subconscious. That means your thoughts will change, and that in turn will change how you react to stimuli. From picturing a fearful, painful experience you can begin seeing the calm, relaxed delivery that you want.

Not only will that make you calmer and more relaxed in the present but it will in fact greatly increase your chances of having an easy, relatively pain-free delivery. Thoughts shape our lives, and by changing your thoughts on childbirth, you can change the outcome as well. A lot of the pain women experience when they are in labor is also linked directly to stress and fear; so, being calm will work as a natural pain reliever.

The image I created for this purpose is that of a pregnant woman with a spiral in her stomach.

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## The spiral's powers

The spiral shape is fundamental to all forms in nature. All natural processes move in spirals, from the galaxies out in space to sound waves here on earth. Water moves in spiral whirlpools and great hurricanes create spiral movements in the air. A spiral shape can be found in the horns of rams, in seashells and many kinds of plants.

The shape of the spiral is associated with the passing of time and the cycle of birth, life and death. As a point on a spiral gradually progresses and moves further from the center, many people see themselves progressing in a similar fashion within spiritual journeys and during times of healing.

Childbirth is profoundly linked to the shape of a spiral. Both DNA and the umbilical cord are spiral-shaped. The baby grows in spiral arrangements of organs and tissue, and during labor the child descends through the birth canal in a spiral movement. The spiral has long been the symbol of the feminine and is considered the doorway to life.

According to ancient Hindu beliefs, the spiral also depicts the flow of energy in the universe. Many use the form to meditate on or to bring energy down from the cosmos. It is a symbol of unobstructed energy flow, and using it can help you free yourself from stress and worries in your everyday life. It is a shape that puts you and the flow of your energy in tune with the earth and the cosmos.



## A step-by-step practice guide to help you deal with your own special childbirth fears

Practicing with this picture will help you deal with a general fear you may have surrounding childbirth. It can be used to eliminate any worries you might have and help your energy flow freely through your body.

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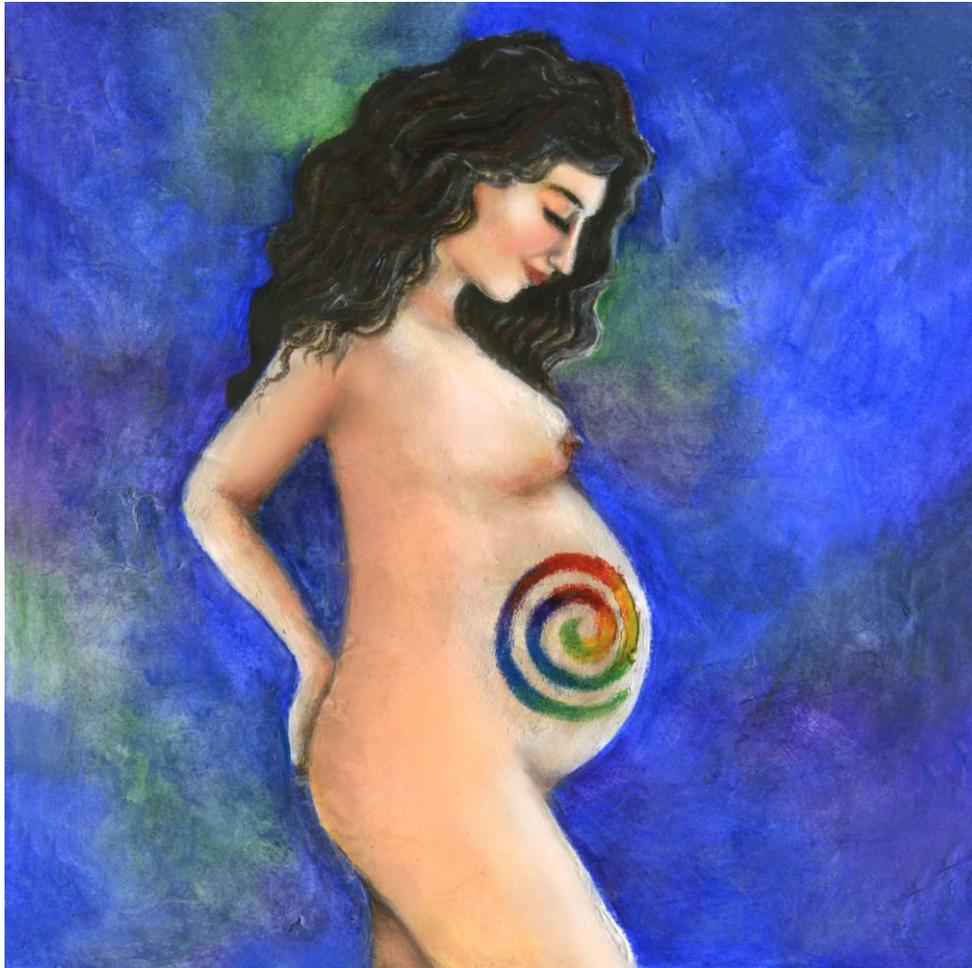


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Look at the following image:



Perform the following steps:

1. Connect with your fear. How does your body react to the fear? What impressions come to your mind?
2. Write down your feelings and impressions on your worksheet.
3. Imagine that your fear takes over you. What images do you see?
4. Now look at the picture for a few moments. In it you can see a pregnant woman, and in the center of her stomach is a spiral moving outwards.
5. Close your eyes and imagine your fears and the pictures associated with them. Imagine the spiral spinning. See how the power flow of the spiral breaks down the fears and releases you from them. Believe that you can flow beyond your fears and see how you develop as a person.

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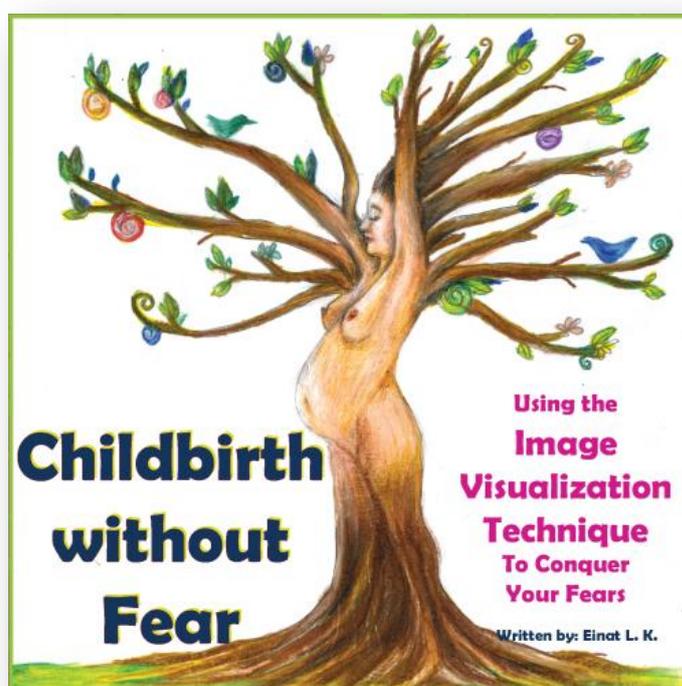
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Set aside 5 minutes of your day for this exercise, and you will soon begin to see changes in the way you think about childbirth. You should put the picture in a place where you can see it, such as on your refrigerator door, in your diary or in your wallet. That will remind you of the image and make it easier task with which to work. The more you work on the image, the faster your subconscious will absorb it.

You can read more about this technique and ways on how to use it to relieve fears of childbirth in my book, ***Childbirth without Fear: Using the Image Visualization Technique to Conquer Your Fears.***



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## Part 3: An audio of a guided meditation for calming your fears of childbirth (mp3 file)

Meditation is a great way to **relax**, and using a guided meditation is a very effective way to introduce a new image into your subconscious. That lets you work on your fears of childbirth and at the same time allows you a moment during which you'll feel calm and at ease.

Many women find that meditation is helpful in **overcoming stress and worries about childbirth**. They feel connected to the sound of a guided meditation. Because the meditation is very simple, it can be used by everyone even if you have never tried meditating before. Simply download the file named ***Pregnancy Guided Meditation - Spiral meditation.mp3*** to your phone, your mp3 player or to your computer.



Find yourself a comfortable place to sit. A simple cross-legged position is very popular and comfortable. If you choose to sit on the floor, sitting on a cushion can make the position more comfortable. Many women also sit on a chair or lie down when meditating.

Light some candles if you want to, and make sure your clothes are loose and comfortable. Close your eyes and relax. Take deep, rhythmic

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breaths and focus on the guided meditation. Don't worry if you feel like you can't get into meditating on your first attempt. Like any type of exercise, meditating can take some time to master.

The guided meditation is only about 5 minutes long, but you can choose to extend your meditation session. **You should try to listen to the meditation at least once a day to make it really effective.** Of course, you can listen to it several times a day, if that's what works best for you.

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## Part 4: A positive affirmation for calming your fears of childbirth (mp3 file + designed affirmation)

We are constantly told that childbirth is a frightening, painful experience: by the media, our friends or mothers. Our subconscious picks up on these frightening stories and begins creating an image of labor as a terrible experience. That is what creates a lot of fear and worries in women today.

There are a few simple and efficient techniques however, that can help us reprogram our subconscious so we can rid ourselves of the old, fearful image of childbirth and gain a positive one. One of the simplest techniques that's also very efficient, is positive affirmations.

*Positive affirmations* is a technique consisting of phrases or sentences that confirm something positive (or pleasant) as true. They work by reprogramming our subconscious, where we replace an old truth (that childbirth is frightening and painful) with a new truth (that childbirth is natural and empowering).

One of the benefits of using the positive affirmation technique to alleviate your fears is that it can be modified to fit your *own* fears. You can create a new positive affirmation for every kind of fear related to childbirth and begin working on calming yourself right away.

The file included in this kit is 5 minutes long and designed to help you deal with a general fear of childbirth. It repeats

*My body knows how to give birth*



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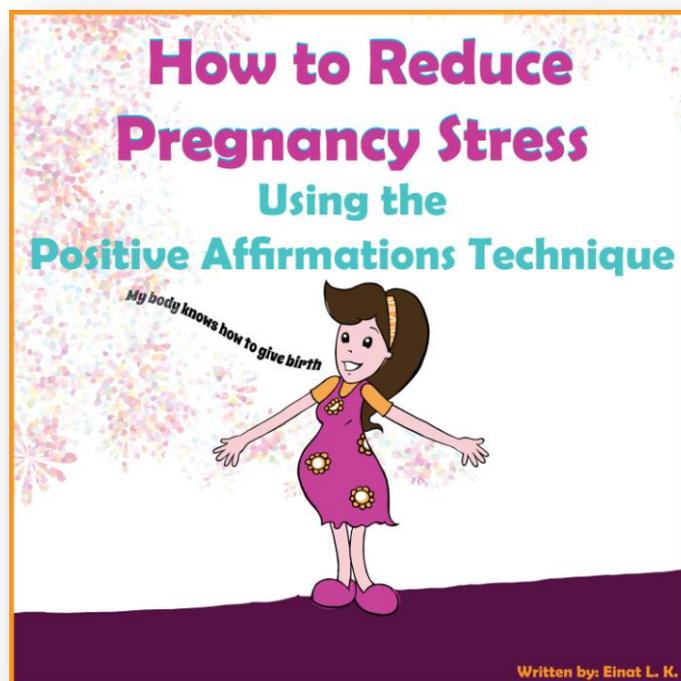
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the sentence **“My body knows how to give birth”**, which will help you overcome your stress and worries. Listen to the file as often as you can, so that your subconscious has time to absorb it properly. You should also try to repeat the sentence aloud, along with the audio file. The more often you hear the positive affirmation and repeat it to yourself, the faster it will become part of your subconscious.

I have also included a designed affirmation image in this kit. Print it and hang it in different places around the house, such as on your refrigerator door or in your bedroom. You can also put it in your car, bring it to work or keep it in your wallet. This will help remind you of the positive affirmation’s message, and will eventually let the affirmation sink into your subconscious more quickly and effectively.

You can read more about this technique and ways on how to use it to relieve your pregnancy stress in my book, ***How to Reduce Pregnancy Stress Using the Positive Affirmations Technique.***



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**Part 5: An inspirational video with positive affirmations that  
will strengthen your faith in yourself and your ability to give birth  
(mp4 file)**

Some women remember things better if they combine pictures and sounds. It helps them relax and absorb the message much more efficiently than if the audio and video were separate. That is why I have included this video in the relaxation kit.

The attached video clip has inspiring music with positive affirmations that will help you gain faith in yourself and your ability to give birth. It combines visual and auditory impressions to influence your subconscious and make you relaxed and at ease. You can copy the file to your Smart phone or your computer to watch it whenever you need reinforcements.

Use the video in the same way as you would use the positive affirmations audio file. Watch it as often as you can, and repeat the positive affirmations to yourself frequently. You will soon begin to notice that you are calmer and more relaxed.



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I have now covered all the parts in this relaxation kit. **Now it's up to you to take action!**

Pressures and fears may cause you unnecessary tension and stress during childbirth, but with these new techniques you can begin to return peace and joy to your life. **Serenity** is one of the key elements necessary for a healthy pregnancy and an easy childbirth (with a higher quality of life afterwards). That is why it's so important to begin working on your fears and worries as soon as possible.

When you manage your fears, your body will become **relaxed and calm**. You will feel a new **strength** and resolve, due to your newfound **faith in yourself** and **your ability to give birth**. Working with the tools in this kit will not only benefit you during your pregnancy and your childbirth, but will advance you in your development as a person.

The tools in this kit are all **easy to use**. By utilizing them, you will be able to reduce your concerns of childbirth. Soon, you will become more confident in yourself as a person. Repetition and practice are important for good results. And remember, the best moment to begin is now!

In the next section of this kit, we will get to know a few women who have used this kit and we'll find out how it helped them in their pregnancy and childbirth.

## **Success Story No. 1: Karen's makeover – How she began working with her fears after a traumatic childbirth.**

Karen didn't give childbirth much thought during her first pregnancy, although she had heard plenty of frightening stories about it. She tried to stay away from those stories, and the result was that she barely knew anything about being in

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labor. When the time came for her to give birth, she didn't know what options she had.

The result was a labor process with a lot of medical intervention. Right away she was given an epidural, simply because she didn't say no to it. Then she found herself unable to push, and the doctors used forceps to help deliver her baby. In the end, after a very long labor and a painful episiotomy, Karen came away from the whole process shattered. She developed post-natal depression due to the traumatic event and found it very difficult to enjoy the first few months with her newborn son.

Two years later, Karen became pregnant with her second child and naturally, was terrified of the upcoming labor. Every time she thought about childbirth, she became numb with fear. Her health suffered for it, as she had become so tense she had constant headaches and trouble sleeping. That's when she sought me out.

"I can't do childbirth all over again," she told me. "I'll probably have to have a Cesarean."

I said that I understood her concerns, but I thought she could overcome it in time for her childbirth. If it didn't work, she could always go for the Cesarean as she planned to. Karen agreed, and we began working with her fears using this kit.



It quickly became clear that what Karen really wanted was a natural delivery with very little intervention from the doctors. She wanted to have a relaxed first moment with her newborn without worrying about stitches or pain. I told her that this *was* possible, but only with diligent work.

Together, we began practicing positive affirmations and the Image Visualization

Technique found in this kit. Karen had a lot of doubts at first, but after only a

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few weeks she began noticing some important changes. She wasn't worried anymore, and her stress was reduced. As a result, her headaches went away and she slept much better.

When the time came for her labor, she managed to stay calm. This time, she denied any intervention from her doctors and managed to have a natural, easy delivery. Her daughter was born with no complications.

"It was wonderful," Karen told me after the delivery. "I didn't know childbirth could be this amazing."

## **Success Story No. 2: Eleanor's Change: how, after hearing stressful stories she managed a natural delivery.**

Eleanor's mother had always told her stories of childbirth which painted it as a painful and terrifying experience. When Eleanor became pregnant, those stories came back to haunt her. She was under so much stress, she had very little appetite, and she was losing weight rapidly during her first trimester.

I told her that she had to overcome her fears if she was to have a healthy pregnancy, so Eleanor decided to work with me using the relaxation kit. She wanted childbirth to be the empowering experience she knew it could be, but was worried that her mother's stories would come true.

Eleanor tried all the tools in this kit, and found that she preferred the meditation, designed to work on her stress. Soon she began noticing changes. Her mother's stories didn't seem as frightening anymore, and her appetite was returning. When it was time for her labor, she was surprised at how easy it can be.

"I was so relaxed," Eleanor confided when we met a few months afterwards. "Now I've begun working with my other fears – I have plenty of them. It's made me calmer, and I definitely think it's made me a better mother as well."

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## **Success Story No. 3: Ella's New Life: how, after hard work and determination, Ella could turn fear into confidence and become a better mother in the process.**

Ella didn't find the love of her life until later in life, and she was over 40 when she became pregnant with her first child. She was already pregnant when she learned that the risks of chromosome abnormalities were much greater at her age.

After the screenings, the doctors said her baby had a high risk of having Down Syndrome. Ella was devastated, but she wanted the child too much to terminate the pregnancy. She worried every day that something would go wrong. Then she met me, and we discussed how she could work with her fear of something going wrong with the baby.

Ella began working with the relaxation kit and found that the video had a powerful impact on her mind. She watched it several times a day and combined it with relaxation exercises. During her labor, she found that she was calm and confident. No longer was she worried that something would go wrong: she was prepared for anything that might happen. Her daughter was born perfectly healthy.

"I was so happy when I first saw her," Ella told me. "Not just because she was healthy, but because I felt stronger and more confident than ever. I finally knew that I would be able to enjoy life without worrying about every little thing, and that it would make me a better mother in the end."

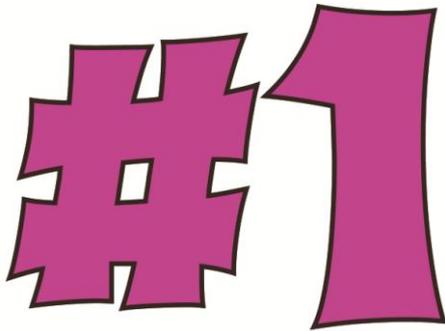


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## Your first step towards a birth without fear



Now that you've read the manual, you know how to use the tools in the kit. You have read stories about other women and how they chose to use it to accomplish a calm, natural birth without fears. **The question is how will you use this information in order to have a calm, stress-free pregnancy followed by a birth without fear?**

The simplest way is to assign a time to one of the tools in this kit. Choose the one you feel most connected to and practice it as much as you can. When you feel that the tool is embedded in your daily routine, pick another tool from the kit and do the same thing.

It is important that you do the practice calmly, without pressure. You have enough time to practice, so don't rush things.

This toolkit only deals with a general fear of childbirth. When I had put together my pregnancy toolkit, I mapped the **nine most common fears** women have of **childbirth** and created a guided meditation for each one. Here are the fears most commonly experienced by women:



### #1: Fear of pain

If you are afraid of the anticipation of pain and want to find tools that help manage it, you should work on using the power of your mind to alleviate your pain.



### #2: Fear of your baby passing through your vagina

If your fear concerns the tearing of your vagina following childbirth, you are not alone. The way to ease this fear is to learn how to relax, so you won't have to worry about it.

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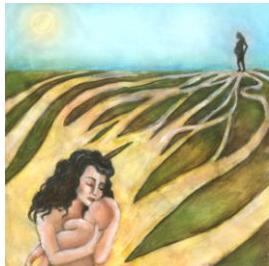
### #3: Fear of tenseness due to pressure and stress

If your fear regards the tension and stress you will feel during labor, you can use images to relax your body and prepare it for childbirth.



### #4: Fear of the unknown

If you worry about not knowing what will happen during your delivery, then you share a common fear with many pregnant women. The way to alleviate your stress is to learn to calm yourself and stop worrying.



### #5: Fear that the labor will not proceed the way you have planned it

If you're worried that your detailed birth plan will be ignored by the doctors or that your labor will not turn out the way you have planned it, you should practice how to prepare for any changes that might occur during childbirth.



### #6: Fear of episiotomy

If you're worried about having an episiotomy, you can learn a technique that reduces the risks of having one.

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## #7: Fear of complications

If you're worried that something will go wrong during your labor, you should work on techniques that help you calm down and stay confident in your ability to give birth.



## #8: Fear of dying

If you're worried that you will die during labor, you are far from alone. Practice a technique that has helped countless women handle their fear of death.



## #9: Fear for the health of the baby

If you worry about the health of your baby, you should learn how to stay calm and decrease the fear of something unforeseen happening to your child.

### And a general fear of childbirth

If you don't know what it is that's frightening you when it comes to childbirth, you can work on a technique that will provide you with general confidence and strength, before labor.

**If some of these fears describe you and your feelings, ask yourself what you really want.**

- ⊙ How do you picture yourself during pregnancy and birth?
- ⊙ Do you dream about passing your pregnancy easily?
- ⊙ Do you want to feel good during pregnancy?
- ⊙ Do you want to get out of bed with a smile on your face each morning?

[www.MyPregnancyToolkit.com](http://www.MyPregnancyToolkit.com)



# My Pregnancy Toolkit

Simple Tools for Busy Women that will Enable You to Enjoy an Easy Pregnancy and Childbirth

Your  
Relaxation  
Kit

- Do you want to maintain a healthy diet for the sake of your baby's health?
- Do you want to go into labor with a strong mind and without fear?
- Do you want to be confident enough to deal with anything during childbirth?
- Do you want to prepare yourself for a pregnancy and childbirth that will leave both you and your child healthy and strong?

## Is it true that you want all of these things?

If so, [click on the link](#) and you will be taken to a page where you can purchase the full set of guided meditations that will help you deal with the 9 most common fears regarding childbirth.

## Childbirth Without Fear

### Guided Meditations To help you Conquer Your Fears

The Water Slide meditation

The Bonding meditation

The Breathing meditation

The Sunrise meditation

The Big Heart meditation

The Lotus Flower meditation

The Smiling Baby meditation

The Beam of Light meditation

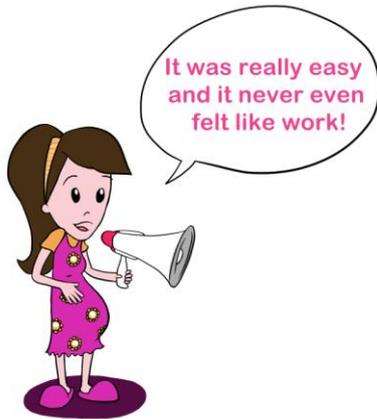
The Paths meditation

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Simple Tools for Busy Women that will Enable You  
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It was really easy  
and it never even  
felt like work!

One of the most common reactions I get from women who have started practicing is: **“It was really easy and it never even felt like work!”**

For me, this is the best indication that a woman is moving in the right direction. When the road is hard and requires many compromises, the chances of success are low. If the road is fun, challenging, satisfying and encouraging, the desire to continue is big and

the chance of succeeding is 100 percent!

On the site [www.myPregnancyToolkit.com](http://www.myPregnancyToolkit.com), you can find a list of various tools to help you through this important period in your life.

Many studies talk about the importance of being calm and relaxed during pregnancy and childbirth. Now that you have this relaxation kit, you can begin using it to face your fears of childbirth and gain serenity. Both you and your child will be thankful that you'd made the decision to do so.

**I wish you an easy, relaxed pregnancy and childbirth,**

Einat.

[www.MyPregnancyToolkit.com](http://www.MyPregnancyToolkit.com)