

Mindful Hypnobirthing: Hypnosis And Mindfulness Techniques For A Calm And Confident Birth By Sophie Fletcher

By Sophie Fletcher

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R.N. developed hypnobirthing, the hypnosis for natural childbirth method, in 1987. Mindful Pregnancy and Easy Labor Using the LeClaire ChildBirth Method.

Mindful Hypnobirthing is a bestselling book on hypnosis and mindfulness for birth. Written by Sophie Fletcher one of the UK's leading hypnotherapists for pregnancy

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Sophie Fletcher is the author of Mindful Hypnobirthing a clinical hypnotherapist and doula. She lectures at Universities across the UK on hypnosis and mi |Birth

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