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realize it though piece  
of legislation  
something else at  
home and even in your  
workplace. so easy! So,  
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Hypnosis And  
Mindfulness**

Sophie Fletcher is the founder of hypnobirthing company Mindful Mamma, which teaches expectant mothers hypnosis and mindfulness techniques

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for birth. She is a  
qualified clinical  
hypnotherapist and  
doula.

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**Techniques ...**

Mindful Hypnobirthing:  
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Techniques for a Calm  
and Confident Birth  
[Fletcher, Sophie] on  
Amazon.com. \*FREE\*

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**Mindful  
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Techniques ...**

Hypnotherapist and  
experienced doula  
Sophie Fletcher shares  
with you the secrets to

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Hypnobirthing  
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Confident Birth

having a safe, natural and positive birth. Using a powerful combination of mindfulness, hypnosis and relaxation techniques, Sophie will ensure you feel genuinely excited and completely prepared for birth.

**Mindful  
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Hypnosis and  
Mindfulness  
Techniques ...**

*Page 9/30*

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Sophie Fletcher, read  
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**Hypnosis and**

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## **Techniques for a Calm and Confident Birth**

Sophie Fletcher is the founder of hypnobirthing company Mindful Mamma, which teaches expectant mothers hypnosis and mindfulness techniques for birth. She is a qualified clinical hypnotherapist, doula and accredited supervisor with the National Council for

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Hypnotherapy. [www.mindfulmamma.co.uk](http://www.mindfulmamma.co.uk)

Mindfulness

**Mindful  
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Hypnosis and  
Mindfulness  
Techniques ...**

Following on from her bestselling birth book, Mindful Hypnobirthing, Sophie uses the same positive and supportive approach to empower you through your first year. In Mindful Mamma , she shares

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quick and easy

mindfulness and

hypnosis techniques

for coping with key

stress areas including -

the early days

following birth, crying,

feeding, getting out,

relationships and going

back to work.

**Mindful Mamma |**

**Hypnosis Tracks |**

**Free MP3 Download**

Since, mindfulness is

now a part of common

parlance, it is a bit

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### Mindful

### Hypnobirthing

easier in some ways to describe hypnosis, to chip away at the stage hypnosis image:

### Mindfulness For A

### Hypnosis are not

exactly the same procedures and yet

they are used to work with the same part of the human landscape.

## **Mindfulness Vs.**

## **Hypnosis - PESI**

Mindful Mamma  
hypnobirthing is the original one day

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Mindful

Hypnobirthing™ class.

It is based on the most up to date research and is constantly

evolving to include

simple techniques that reflect this. It is unlike

any other

hypnobirthing class,

it's not just relaxation

but powerful hypnosis

and mindfulness taught

by the best.

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**Hypnobirthing®**

Written by a clinical  
hypnotherapist and  
doula, The Mindful

Hypnobirthing Method  
provides practical and  
reassuring mindfulness  
techniques to practise  
throughout pregnancy  
and labour to ensure  
you remain relaxed,  
confident, focussed  
and in control.

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**Penguin Books**

Private Mindful  
Hypnobirthing And  
Mindfulness  
Techniques For A  
Calm And  
Confident Birth

When you book a tailored mindful hypnobirthing class with a specialist hypnotherapist like Sophie you can safely and confidently explore fears and anxieties that may be troubling you about the pregnancy, birth or the period after your baby is born.

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## **Hypnobirthing with Sophie Fletcher**

Sophie Fletcher is the founder of

hypnobirthing

company Mindful

Mamma, which teaches expectant mothers

hypnosis and

mindfulness techniques

for birth. She is a

qualified clinical

hypnotherapist and

doula.

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Hypnosis And

**Techniques ...**

Harnessing the Power  
of Your Mind Hypnosis  
is a powerful tool which  
can be utilized to  
inspire change on  
multiple levels. It  
emphasizes the  
crossing of mind, body  
and spirit and can be  
used with the intention  
of accomplishing a  
therapeutic  
intervention while in an  
altered state of

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consciousness.

Hypnosis And

**Mindful Hypnosis |**

**Hypnotherapy |**

**Hypnobirthing® | A**

**Tucson ...**

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by the author.

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Hypnotherapist and  
experienced doula

Sophie Fletcher shares  
with you the secrets to  
having a safe, natural  
and positive birth.

Confident Birth

**Mindful**

**Hypnobirthing**

**(Audiobook) by**

**Sophie Fletcher ...**

I set up 'The Mindful  
Midwife' to help  
promote Mindfulness  
through baby massage,  
to teach hypnobirthing  
and to provide non-

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Mindfulness  
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judgemental, 'guilt-free' antenatal education to help women and families feel prepared, confident and capable through pregnancy, birth and beyond.

**Hypnobirthing | The Mindful Midwife | Manchester**

Mindful hypnotherapy  
The researchers call their new mind-body therapy "mindful hypnotherapy." It

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represents a novel use of hypnotherapy, which more commonly serves as a treatment for pain and symptom management. The study authors assert that applying hypnosis to the practice of mindfulness speeds up the acquisition of mindfulness skills.

**Mindful  
hypnotherapy may  
reduce stress - The  
American ...**

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If you can use hypnosis to instill positive thoughts and beliefs in the capability to birth and hone the skills of mindfulness with gentle daily practice then you achieve the benefits of both. It seems a natural marriage with obvious complementary and combined benefits.

**What is Mindful  
Hypnobirthing? -  
babytodd**

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What is mindful hypnobirthing In short, hypnobirthing is a mix of meditation, hypnosis and visualising techniques.

Mindfulness is about being aware of the present moment, feeling all that is happening around you and bringing the attention to mundane but how important processes such as breathing, sitting or walking.

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## Mindful Hypnobirthing

### **Is it worth practising hypnobirthing? Mindful ...**

In my Mindful Mamma hypnobirthing classes you will learn things that you will not be taught in any other standard antenatal class. We base our teaching on the use of hypnosis for birth alongside other techniques, such as mindfulness, yoga or active birth, and my

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class encourages you to learn how hypnosis and relaxation

techniques can be adapted for your

unique birth.

Confident Birth

**Mindful Mamma  
Hypnobirthing**

**Classes with Liana**

**Doula ...**

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Hypnotherapist and  
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Sophie Fletcher shares  
with you the secrets to  
having a safe, natural  
and positive birth.

**Mindful**

**Hypnobirthing -**

**Ljudbok - Sophie**

**Fletcher ...**

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### Mindful

### Hypnobirthing

I use a mix of mindfulness and hypnosis to explore belief and fear, and I teach practical tools to them and their partner. Hypnobirthing is about finding your voice and being confident to use your voice, not only to explore your choices but also to advocate for yourself if you feel you aren't being listened to.

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