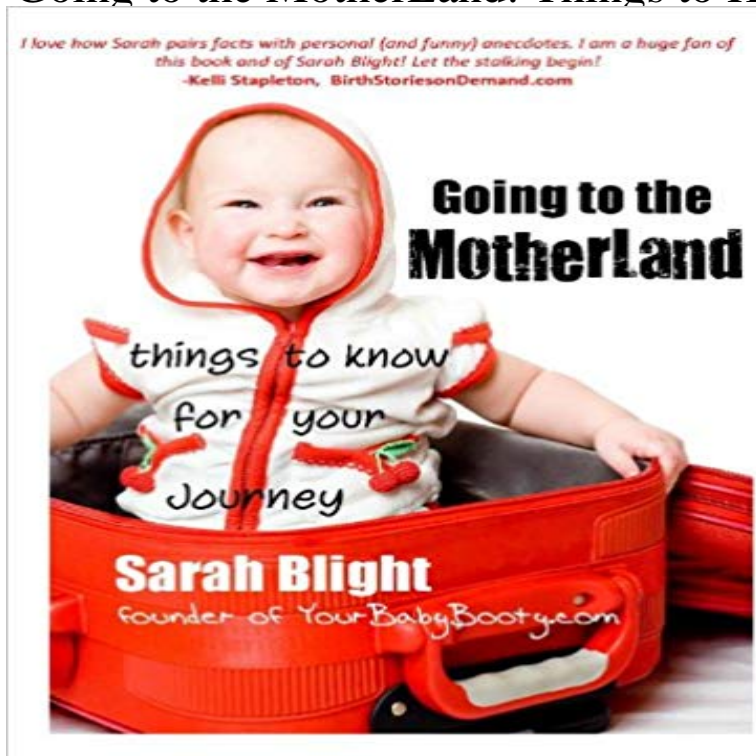


Going to the MotherLand: Things to Know For Your Journey



Going to the MotherLand takes you from overwhelmed pregnant mama city to relaxation I can do this station in 3 hours of reading. This is the honest-to-goodness, uncensored scoop about a first-time mamas journey through conception, raging pregnancy hormones, pregnancy woes, getting baby out and figuring out what the hell to do next after birth. Written for moms who have real questions about pregnancy & birth, reading this book feels more like youre chatting it up with your best friend (with favorite beverage in hand) than reading a pregnancy and childbirth book. Going to the MotherLand is not only hilarious, it offers research-based insight about pregnancy and birth on things like: Getting pregnant Early pregnancy- Im pregs, now what? Why finding the right doctor or midwife is a game-changer The signs of early labor Easy ways to prepare your body & mind for birth (with fun exercises thatll bring out your inner birthing ninja) How to keep labor going Why your pelvis is off-the-charts amazing Birth support (ie- doulas, etc.) How to get your groove back after birth 4 Keys to breastfeeding like a charm What to expect after that baby is out and about. Youll learn your options for birth. Youll also understand the advantages & disadvantages of each, so you can make the best decisions for you. Theres no right way to have a baby, but theres a right way for you. Would you like to know more? Click buy at the top and get to reading, youll be glad you did!

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