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45 and Pregnant: How I Conceived and Delivered Naturally (Natural Childbirth for Mothers Over 40)

By Liz Angeles



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45 and Pregnant: How I Conceived and Delivered Naturally (Natural Childbirth for Mothers Over 40) By Liz Angeles

Are You an Impatient Woman Wanting to Get Pregnant? I'll tell you how I got pregnant NATURALLY at 44.

Learn 20 Simple Natural Birth Tips

Learn Powerful Natural Fertility and Childbirth Techniques.

- How to Find the Right Man at the Right Time.
- How to Stop Stressing and Get the Results You Want.
- How to Surrender and Let Nature Take its Course.
- How to Find the Right Place to Deliver Your Baby.
- How to Have a Healthy Pregnancy.
- How to Create a Strong, Healthy Child.
- How to Deliver a Healthy Alert Baby.
- How to Create a Serene Environment for Birth.
- How to Find Your Inner Feminine Power.
- How to Create the Mindset You Need to Deliver Naturally.
- How to Find the Right Midwife.
- How to Find a Great Doula.
- How to Feed a New Baby.
- How to Avoid Post Partum Depression.
- How to Have Excellent Milk Production.
- How to Navigate the New Waters of Motherhood.
- How to Find Support When You Have No Family Nearby.
- How to Gather Supplies Needed for a New Baby.
- How to Keep Positive During Your Pregnancy.
- How to Recover from a Natural Birth.

You CAN have the family you've always wanted!

How to Get Your Body Back!

If you are trying to conceive naturally and considering natural childbirth either in the hospital or the Bradley way, if you are pregnant for the first time over 40, a first-time new mother, and want information about home birth, water birth, supplies, conception tips, this is an excellent pregnancy gift or book on pregnancy and delivery for a new first-time mother.

45 and PREGNANT is a 3-part journey that begins with a 44-year-old single woman with no prospects, that leads quickly to a middle-aged pregnancy. Her fears and worries about childbirth with her historically low pain threshold were later transformed by her decision to have a home water birth with no drugs and her success story that involved no complications. Beginning with a serendipitous love story that led to the sudden pregnancy and concluding with the family events that transpired beyond the delivery, Liz Angeles provides a plethora of information for anyone considering a natural birth. Her comical memoir spanning a 5-year period includes many healthy pregnancy tips and natural parenting options. Her revealing details and personal choices promise to educate, entertain and inspire.

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Editorial Review

About the Author

Born and raised in Healdsburg, California, Liz Angeles attended UNLV for several years. Self-employed most of her life, Liz has worked primarily as massage therapist often to celebrities and is now a Wellness Director. A writer, editor and self-taught painter, she has also been licensed as a court reporter and realtor. Other occupations have spanned acting, modeling, and promoting. Liz is currently living in Santa Monica and enjoys yoga, ping pong, shopping, comedy, music, films, good books and her wonderful daughter.

Users Review

From reader reviews:

Anna Yates:

The book 45 and Pregnant: How I Conceived and Delivered Naturally (Natural Childbirth for Mothers Over 40) can give more knowledge and also the precise product information about everything you want. Why must we leave the good thing like a book 45 and Pregnant: How I Conceived and Delivered Naturally (Natural Childbirth for Mothers Over 40)? Several of you have a different opinion about publication. But one aim that will book can give many info for us. It is absolutely suitable. Right now, try to closer with the book. Knowledge or facts that you take for that, you can give for each other; it is possible to share all of these. Book 45 and Pregnant: How I Conceived and Delivered Naturally (Natural Childbirth for Mothers Over 40) has simple shape nevertheless, you know: it has great and big function for you. You can appearance the enormous world by start and read a book. So it is very wonderful.

Marsha Gleason:

45 and Pregnant: How I Conceived and Delivered Naturally (Natural Childbirth for Mothers Over 40) can be one of your starter books that are good idea. Many of us recommend that straight away because this guide has good vocabulary which could increase your knowledge in language, easy to understand, bit entertaining but still delivering the information. The article writer giving his/her effort to set every word into enjoyment arrangement in writing 45 and Pregnant: How I Conceived and Delivered Naturally (Natural Childbirth for Mothers Over 40) nevertheless doesn't forget the main place, giving the reader the hottest along with based confirm resource information that maybe you can be certainly one of it. This great information can easily drawn you into new stage of crucial contemplating.

Richard Strohm:

This 45 and Pregnant: How I Conceived and Delivered Naturally (Natural Childbirth for Mothers Over 40) is completely new way for you who has interest to look for some information because it relief your hunger of information. Getting deeper you on it getting knowledge more you know otherwise you who still having small amount of digest in reading this 45 and Pregnant: How I Conceived and Delivered Naturally (Natural Childbirth for Mothers Over 40) can be the light food for yourself because the information inside this kind of

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