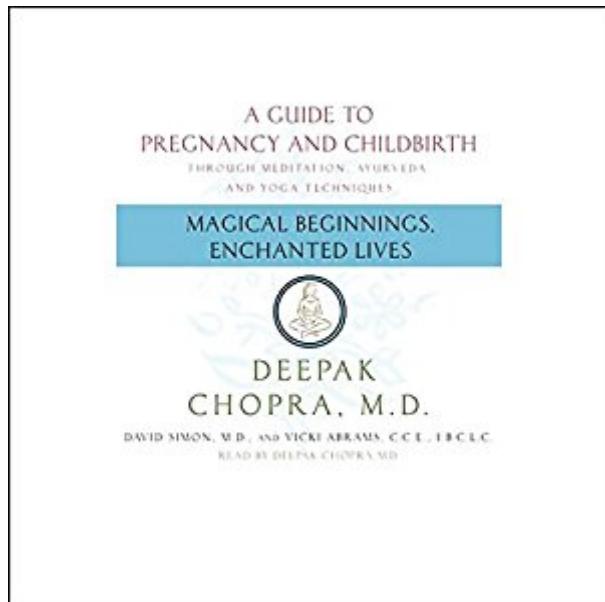


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# Magical Beginnings, Enchanted Lives: A Guide To Pregnancy And Childbirth



## **Synopsis**

Using exercises and techniques developed over ten years of teaching a popular series of workshops at the Chopra Center for Well Being, Dr Deepak Chopra shows readers how to see parenthood from a very different perspective. *Magical Beginnings, Enchanted Lives* uses meditation, yoga, dietary guidelines, natural remedies, visualization, journaling and drawing to enhance the experience of pregnancy and birth for both parents and baby. Also included are practical strategies to prepare the parents for labour and delivery, caring for the newborn child and enjoying parenthood. By applying established techniques from Deepak Chopra's internationally famous mind/body approach to the experience of pregnancy, childbirth and early infancy, *Magical Beginnings, Enchanted Lives* adds previously unexplored dimensions of physical health, joy and insight to elevate one of life's primal experiences to the realm of the miraculous. --This text refers to an out of print or unavailable edition of this title.

## **Book Information**

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## **Customer Reviews**

*Magical Beginnings, Enchanted Lives* is a deeply nourishing and inspiring book for expectant mothers, their partners and attendants. Drawing on the centuries-old philosophies of Ayurveda and yoga, Deepak Chopra and his Chopra center colleagues David Simon MD and Vicki Abrams (who runs the *Magical Beginnings* birth education programme) have created a rich blend of mind-body medicine for pregnancy and childbirth that recognises childbearing as a spiritual, as well as a physical, process. *Magical Beginnings, Enchanted Lives* is both beautifully written and practical, offering excellent information on nutrition (from an Ayurvedic perspective), alternative remedies for

pregnancy complaints and a simple pregnancy yoga routine. Chopra and co also emphasize the many benefits of meditation during pregnancy. Throughout, there is a gentle emphasis on slowing down, being mindful and paying attention to our internal signals. As a family physician, writer on pregnancy birth and mothering, and mother of four (with a large collection of pregnancy and birth books!) I particularly welcomed the chapter for fathers and the advice on changing relationships, which are not often covered. Chopra et al advocate Dr Marshall Rosenberg's nonviolent communication (NVC) techniques which are wonderful tools to enhance conscious communications. I also relished the philosophy, woven all through this enlightening book, of respect for mother and baby and for the amazing changes that happen over the months of pregnancy and birth. New insights in mind-body medicine are confirming the traditional wisdom that a mother's mental and emotional state in pregnancy can have long-lasting effects on the well-being of her child. *Magical Beginnings, Enchanted Lives* provides the tools and insights to help us all to nourish our babies and ourselves at this important time. As the authors conclude, 'The souls of our children are the potential for tomorrow's world.'

This book is exactly what I have been looking for. It has empowered and inspired me in so many ways. There are wonderful visualizations and exercises throughout the book which have helped me to connect deeply with my unborn baby and body. Because of this book I have become much more aware of how my daily stresses affect my unborn baby and have used the suggested exercises to create a more peaceful space inside me. Nothing could make me happier. I recommend this book to every pregnant woman. The information throughout will help you become more integrated in your mind and body and much more in-tune with your unborn baby.

This book takes you on a journey to the spiritual side of pregnancy and childbirth. For my second pregnancy the last thing I needed was another book telling me what stage of development my fetus was at. This book takes a look at all the deeper emotional things that are going on. I recommend this book for everyone, especially second time moms that had a bad experience the first time. It's been pretty helpful for me, facing my fears and helping to make my own informed decisions about my pregnancy and the birth of my baby.

I ordered hundreds of pregnancy books with my first baby & this was the first one I decided to read. After the insight from this book, I truly felt that I had all the tools I needed to go through the entire pregnancy & labor & delivery. It speaks volumes to just listen to your body & your baby & not worry

about everyone else & their horror stories & such. My daughter's entire pregnancy & birth was incredible & my midwives even said she was a special birth. I was terrified before reading the book & after, I realized, she already knows what to do, so I will just trust her & that's exactly what I did. My beautiful baby girl is now nearly 12 months & people to this day comment on the special bond we have, even complete strangers. She is a very content baby & still very in tune with her mama. :)

I am currently working on my certification for labor doula and childbirth educator. This book caught my eye. Maybe it's because I just finished reading Ina May's Guide to Childbirth but I found this book to be almost too easy to read and was losing interest quickly. One aspect that bothers me is his lack of references, for example he brings up a beautiful story of a tradition that exists in African culture but with no footnote indicating where he got this information. Also he brings up study after study with no footnotes some without a year. I like knowing I can look up further information and believe it's a necessary hallmark of quality research. Another reviewer wrote that some of his suggestions are repetitive and she is correct. And I can see how his suggestions to be conscious of what you see, hear, think etc. could frighten or worry some mom's to be. (another common reviewer remark) If scary movies and death metal bring me joy then it isn't going to have the same effect as someone who is disturbed by those. I thought this book would talk more in depth about Aryurveda, doshas and how it ties into a healthy pregnancy but it is written so simply that it is taking away from the complex beauty of the approach. I shouldn't be able to devour 70 pages of a book on this subject in a few hours. I was really looking forward to reading this book and I'm disappointed. This is not to say this book isn't for everyone, the simplicity of his approach might be right up your alley so don't let my review deter you. But grab a cheap used copy just in case. Enjoy your journey towards motherhood. :)

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