

The Little Book of Self-Care for Mums-to-Be: Your Essential Guide to Nurturing Yourself During Pregnancy

Pregnancy is a time of great joy and anticipation, but it can also be a time of stress and anxiety. With so many changes happening to your body and your life, it's important to take care of yourself both physically and emotionally.

The Little Book of Self-Care for Mums-to-Be is the ultimate guide to self-care during pregnancy. Filled with practical tips and expert advice, this book will help you to stay healthy, happy, and stress-free during your pregnancy journey.



The Little Book of Self-Care for Mums-To-Be by Beccy Hands

★★★★☆ 4.6 out of 5

Language : English
File size : 16199 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 218 pages



What's inside The Little Book of Self-Care for Mums-to-Be?

- **A comprehensive guide to prenatal care**, including information on nutrition, exercise, and sleep

- **Tips for managing common pregnancy symptoms**, such as morning sickness, heartburn, and back pain
- **Strategies for reducing stress and anxiety during pregnancy**
- **Advice on how to connect with your baby and prepare for childbirth**
- **Beautiful illustrations and inspiring quotes**

Why The Little Book of Self-Care for Mums-to-Be is the best pregnancy book you'll read

- **It's written by a team of experts**, including midwives, obstetricians, and psychologists
- **It's based on the latest scientific research**
- **It's practical and easy to follow**
- **It's full of beautiful illustrations and inspiring quotes**
- **It's the perfect gift for any mum-to-be**

Free Download your copy of The Little Book of Self-Care for Mums-to-Be today!

The Little Book of Self-Care for Mums-to-Be is available now on Our Book Library. Free Download your copy today and start enjoying a healthy, happy, and stress-free pregnancy!



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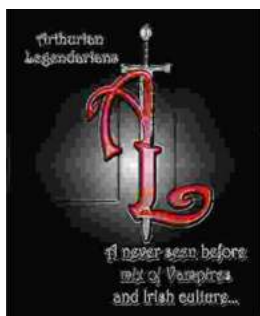
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