



Spiritual Pregnancy: Inner Wisdom to Nourish and Nurture Your Child

Gopika Kapoor

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Let your pregnancy be the joyous, exciting and spiritual journey it was always meant to be...While having a baby is a time of great happiness, it can also be the most bewildering experience for those involved. Luckily, this book provides the perfect antidote to all your pregnancy and baby concerns. Right from deciding whether to have a baby to choosing the best hospital for the d-day (deliveryday!), *Spiritual Pregnancy* shows you how to make the most of your pregnancy so that you come through those nine months not only relaxed, but also confident and prepared. This unique volume shows you the best ways to handle the dilemmas that accompany having a baby, while preparing you for the incredible job that lies ahead – becoming a parent. Allow Gopika Kapoor to share with you the learning from her own journey as a mother of twins and the spiritual insights that guided her. Her pragmatic and reassuring voice not only tells you how to deal with surprise pregnancies, crazy hormones, overbearing relatives and tired sex lives, but also gives great advice on baby showers, alternative birthing methods, post-baby body image, and how to stay energized and positive through it all. Since parental bonds first form while the baby is still in the womb, *Spiritual Pregnancy* is your guide to making the most of this very special time with your child.

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