

Guided Meditation for Pregnancy, Labor & Delivery

Relax, relieve anxiety, & sleep better during pregnancy
(with nature sounds)

By Diane L. Tusek

"A calming, tranquil imagery aimed to emotionally and physically prepare women for the most extraordinary and amazing miracles of all; bring life into this world."

Clinically proven to reduce anxiety 65%, ease labor pain, and help moms sleep better by 85%. When you are relaxed, your baby will be too.

Guided Imagery Inc.

Running Time: 1 Hour
Unabridged

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Steven Mark Kohn, music composer.
www.guidedimageryinc.com

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Pregnancy, Labor & Delivery
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By Diane L. Tusek

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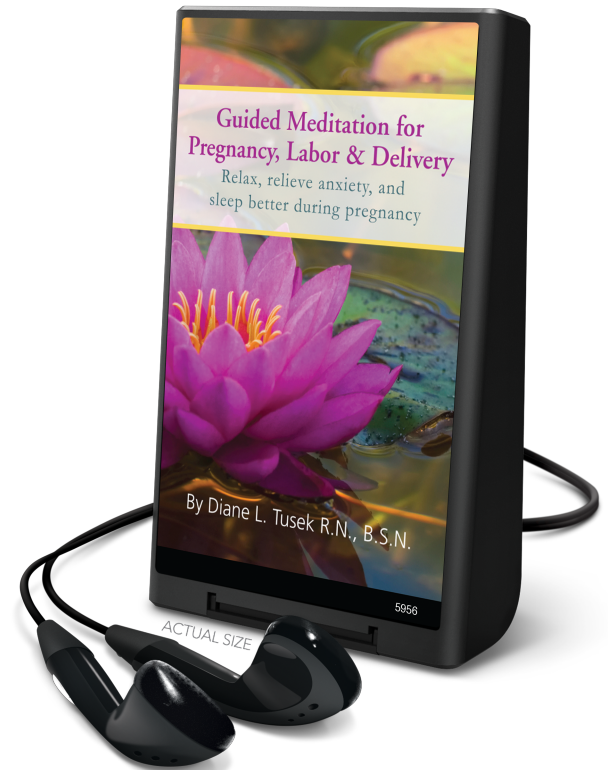
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