



Spiritual Pregnancy: Develop, Nurture & Embrace the Journey to Motherhood

Shawn A. Tassone Tassone, Kathryn M. Landherr Landherr

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Follow the Hero's Journey from Pregnancy to Motherhood

Filled with unique insights into the spiritual nature of pregnancy, this compassionate guide takes you, the expectant mother, and your loved ones along a "hero's journey" of discovery. Each trimester correlates to a stage of the epic journey where emotional, spiritual, and physical connections heighten your awareness of yourself and your unborn child. Through these stages, the mundane and everyday are elevated to the sublime and transformative.

With their extensive training and experience in allopathic wellness and integrative medicine, Shawn A. Tassone and Kathryn M. Landherr have created a book full of guided meditations, journaling exercises, and spiritual traditions from a variety of cultures. *Spiritual Pregnancy* also includes yoga postures created by popular doula and pregnant-fit yoga instructor Jennifer (Wolfe) More for specific times throughout pregnancy.

Praise:

"*Spiritual Pregnancy* presents birth as the spiritual initiation it truly is. I highly recommend this deeply moving book." ?Christiane Northrup, MD, *New York Times* bestselling author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause*

". . . [T]he information shared by the authors will show future mothers how to unify the two lives within them during pregnancy." ?Bernie Siegel, MD, author of *Love, Medicine and Miracles*

"*Spiritual Pregnancy* is the best guide I know on developing, nourishing, and sustaining [the mother-infant bond]." ?Larry Dossey, MD, author of *Healing Words*

"Expert integrative obstetricians, [the authors] guide you through the traditions of the ancients, and illuminate the vibrant path to your own heroine's journey." ?Victoria Maizes, MD, Executive Director of Arizona Center for Integrative Medicine

"From the practical to the profound, I'm confident you will find what you are looking for within this book's pages. I highly recommend it." ?Tieraona Low Dog, MD, Fellowship Director at University of Arizona Center for Integrative Medicine

"*Spiritual Pregnancy* does an incredible job at marrying the physical and the spiritual . . . It will be a great resource to anyone having a baby and it makes me proud to be an ob-gyn." ?Jennifer Ashton, MD, leading medical correspondent for ABC and ob-gyn physician

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