



## Stress Solutions for Pregnant Moms: How breaking free from stress can boost your baby's Potential

By Susan Andrews

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. More Than 30 Techniques to Relax Pregnancy is a delicate time for you and your baby, and what your body experiences while you are expecting can affect your child for years to come. Emerging new evidence, for example, is now linking too much stress during pregnancy to a higher risk for childhood emotional, physical and behavioral problems, including preterm birth, ADHD and learning disabilities. In fact, as Stress Solutions for Pregnant Moms shows, managing stress could be just as important to your child's health as avoiding smoking and alcohol while pregnant. Printed Pages: 304.



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