



Our Birthing From Within Keepsake Journal

By Pam England



Our Birthing From Within Keepsake Journal By Pam England

The Keepsake Journal is a parents' extra-ordinary companion workbook for the Birthing From Within book or classes. This hardbound journal with 278 beautifully designed and illustrated pages documents highlights of pregnancy and postpartum. There are pages for journaling and drawing your innermost thoughts, what you are learning in your childbirth classes and prenatal appointments. There is a section just for dads, and one that focuses on preparing for birth from the baby's perspective. Many pages correspond with favorite exercises from the Birthing From Within book. Over 80 pages are devoted to preparing for postpartum and recording your birth story and postpartum anecdotes.

Your Keepsake Journal is 8 1/2 x 11 inches and hardbound to endure lots of use and be enjoyed by your children and grandchildren for years to come.

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Our Birthing From Within Keepsake Journal By Pam England Bibliography

- Sales Rank: #1410095 in Books
- Published on: 2004-03
- Original language: English
- Number of items: 1
- Dimensions: 1.07" h x 8.68" w x 11.20" l,
- Binding: Hardcover
- 278 pages

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Editorial Review

About the Author

Pam England, the midwife and creator of the innovative approach to childbirth preparation Birthing From Within, wrote and illustrated the Keepsake Journal.

Users Review

From reader reviews:

Marisa Reber:

In this 21st millennium, people become competitive in most way. By being competitive today, people have do something to make these individuals survives, being in the middle of typically the crowded place and notice by surrounding. One thing that sometimes many people have underestimated that for a while is reading. Yes, by reading a book your ability to survive enhance then having chance to remain than other is high. To suit your needs who want to start reading the book, we give you this specific Our Birthing From Within Keepsake Journal book as basic and daily reading reserve. Why, because this book is more than just a book.

Gerald Patton:

Precisely why? Because this Our Birthing From Within Keepsake Journal is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will distress you with the secret that inside. Reading this book beside it was fantastic author who have write the book in such remarkable way makes the content inside easier to understand, entertaining method but still convey the meaning fully. So , it is good for you for not hesitating having this ever again or you going to regret it. This amazing book will give you a lot of benefits than the other book include such as help improving your skill and your critical thinking means. So , still want to delay having that book? If I ended up you I will go to the publication store hurriedly.

Michele Sexton:

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