

Holistic Hypnobirthing

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Synopsis

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A practical guide to hypnobirthing - trimester by trimester.

This modern hypnobirthing book shows you how you can incorporate hypnobirthing techniques into every stage of your pregnancy, creating a safe space for you and your baby to return to time and again.

Anthonissa Moger (The Hypnobirthing Midwife)'s holistic approach to hypnobirthing opens out the benefits to embrace aromatherapy, yoga, partner work, mindset exercises and more.

Find out how to use a broad range of deep relaxation, meditation, visualization, movement, and breathwork techniques tailored towards mindful connection, physical and mental cohesion, and a confident pregnancy and birth.

Using hypnobirthing techniques as a path to a calm, connected pregnancy, you'll be fully prepared to respond intuitively and flexibly to your labour and birth feeling centered, composed, and in control.

Anthonissa Moger is the founder of The Hypnobirthing Midwife, offering award-winning hypnobirthing classes in the London area, as well as supporting a strong online community through her website, blog, and social media channels. She has a degree in midwifery from Kings College University, has both antenatal and postnatal experience, and is also a qualified pregnancy yoga teacher. She has attended hundreds of births of all kinds (home, birth centre, labour ward and caesarean) and currently works in the labour ward at St Thomas' Hospital. Anthonissa has been featured in a number of magazines and on television. She has been inspired to learn and share her knowledge, having developed a keen interest during her first pregnancy in 2008. She was pregnant with her second child while she wrote this book.

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