

# FENG SHUI MOMMY

CREATING BALANCE *and* HARMONY  
*for* BLISSFUL PREGNANCY,  
CHILDBIRTH, *and* MOTHERHOOD



"Bailey Gaddis brings a fresh new approach to holistic prenatal preparation in this uplifting and reassuring book."

— Pam England, *coauthor of Birthing from Within*

**BAILEY GADDIS**

Bailey Gaddis

# Feng Shui Mommy: Creating Balance and Harmony for Blissful Pregnancy, Childbirth, and Motherhood



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Adhere to the Feng Shui way to motherhood Feng Shui Pregnancy: Being pregnant and impending motherhood offer a confusing cocktail of heroic strength and terrifying vulnerability. Feng Shui Mommy or Bailey Gaddis guides women through the knowledge, providing specific suggestions for mind, body, and spirit for every trimester (like the "fourth," after birth), resulting in birth preparation created for mom and baby, and culminating in strong mother-child bonding. Baily's advice allows moms to welcome delight and curiosity into the trip while taking each stage with purpose and calm ? and also a sense of fun. Helpful guidance through all four trimesters of your pregnancy: It's about supporting her while she shores up her mind-body-spirit alignment, so she may best handle the cosmic kick in the uterus and juicy kiss on the soul that being pregnant is. Feng Shui Mommy Your pregnancy could be a joyful experience: requires a different approach, assisting you build your have unique, epic trip to motherhood. This comprehensive guide to being pregnant and parenting makes problem and modification joyful, allowing new lease of life to become as incomparably wonder-filled since it is meant to become. Spiritual Midwifery, then you'll want to have provides you with: Prenatal workout advice Nutrition tips Birth choices and birthing positions Breath work recommendations Breastfeeding guidance And much more An essential pregnancy book: For those who have read The Mama Natural Week-By-Week Guide to Pregnancy & Childbirth, Mindful Birthing, Feng Shui Mommy Our culture has seized on the "vulnerability" portion of the pregnancy experience and will reinforce a pregnant female's insecurities rather than encouraging her to embrace this most natural time and trust her body, her intuition, and her very own mind. by your side throughout your pregnancy journey.



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Positivity and Happiness Bailey wrote a very thoughtful publication with a heart centered and loving approach to pregnancy and motherhood. Therefore well written and Really puts motherhood and being pregnant into perspective. I could find out and grow from it. Has helped me through my pregnancy. Five Stars The very best book I read in prep for birth! Fun to learn - keeps you engaged! This is a delight to learn and Bailey has done an excellent job explaining a lot of the occasions that accompany being pregnant, birth and the "brand-new normal" after birth and will be offering helpful hints to drive out a few of the hindrances and personal sabotage that can come along with parenthood. I enjoyed the meditations after each chapter, which each is certainly tailored to the topic just read.) Bailey is certainly hilarious. Review from Trang Onderdonk CD(DONA) & Great pregnancy read: Clearing your mental closet This book helped clear your brain & Bailey is completely updated on the existing birth picture. rationally addressing each step of just how. It felt like an essential read for brain, body, spirit, & baby connection, for a 1st time mom like myself. Several different techniques on letting move of dread and allowing the change of being pregnant, of motherhood, to arrive and to accept it rather than fight it. I bought this publication for my sister (a doula and gas advocate) and she is very pleased!!! Five Stars Love it! Absolutely perfect. Humor and Wisdom I actually wasn't entirely sure about this book. I'm not necessarily into Feng Shui or Eastern mysticism. I truthfully had the expectation that this book will be about decluttering your home and surviving in minimalism with kids. Feng Shui Mommy is a small amount of hypnobirthing, with free downloadable relaxation tracks at the end of each chapter, blended with Birthing from Within, though without all the interesting art tasks. (Though it can touch on a bit, too. Five Stars An excellent, honest, tender publication for expectant and new mothers. While saying, "Pregnancy is the epitome of change. I actually am a birth Doula. She shares her very own experiences alongside those of others to steer expectant moms through the difficulties of pregnancy, birth and existence after birth. That is a fantastic resource for women that are pregnant. She actually is a Mommy friend you would want to have... Yes, you will have hemorrhoids. Another thing that I liked was that this book covered the "Fourth Trimester," something that is often not discussed but is very essential to understand." she still retains that this change could be great, making you an improved version of you. But there may also be creativeness and love and strength you didn't know you had getting more powerful through the knowledge. But what I came across is that book is more about decluttering your mind and less about what is under your bed. Most of the book is approximately decluttering yourself, your brain, your soul. Additionally there is great information of being pregnant nutrition, workout, making a birth plan, breathing, breastfeeding, and postpartum care. Filled up with wisdom for a happy, healthy pregnancy! Many thanks Bailey Gaddis because of this book of hilarious reassurance, encouragement and nonjudgemental phrases of wisdom. You might feel silly trying a few of the actions, like tapping, shaking, or meditating.. I'm in tune with nature to the degree that I feel it is God's creative function and show me something about Him. As a Christian mom, some of the reserve wasn't my language. And what do you have to gain? But Christians perform meditate. Some of the language, I just had to mentally switch to adjust to my worldview. This review is quite a while coming! She still retains that this is a life changing event in a positive way. All around good read! Even with the religious aspects being different, I still discovered the tone, wisdom, and helps in this publication to be precious. I received this book during my pregnancy and was unexpectedly hospitalized shortly after and induced for labor. It wasn't until my now 18 month outdated grabbed this off my book shelf and has been toting it throughout the house, which prompted me to finally create my review. I really love the information contained in this book, especially for

the "4th trimester. All expectant parents should have a copy of this on the bedside tables. Wonderful publication to provide to expecting and new moms! Highly recommended! PCD(DONA) ProDoula Certified Childbirth Educator (PDCCE) As a birth doula and childbirth educator, I recommend "Feng Shui Mommy" to any expectant parents. Bailey Gaddis offers a witty, honest, and funny walk-through of the preparation for childbirth. It had been both informative and amusing. Her relatable remarks almost gave her a character in her own right; and I idea repeatedly while reading, "I know exactly what she's talking about, I experienced the same manner!" I liked her exercises about mindfulness and her pictures of labor positions. This is a much needed shift in the way we talk about pregnancy and motherhood. General, Feng Shui Mommy is an engaging read that will actually make your birth knowledge even more enjoyable. Her terms really make you consider yourself and help reduce you of your fears and recognize how much strength you truly have. I desire I had this publication when I was going through my own birth process. Blissfully encouraging, informative and grounding. A must have for expectant parents. Bailey Gaddis has hit a home run with this delightfully refreshing, reassuring and enjoyable book. It isn't a warning about changing bodies and losing you to ultimately another. This is an absolute must have for all expectant mothers and their partners. I am a birth doula in Longmont CO and today give this book to my clients. Loved how right down to earth this book is, it is extremely fun to examine and VERY educational. For many, these exact things will come across as extremely "woo" (hippie, granola)." That is a brilliant easy read for me and value the many topics she touches upon in accordance with the metaphysical. I'd have loved this 17 years ago! The author has such an amazing way with terms. Yet actually in her honesty about the awkward and uncomfortable aspects of being pregnant and birth and motherhood, she doesn't allow that be a way to obtain fear. I thoroughly enjoyed this fast and simple examine. released birthing fears by peacefully & She provides very useful details in a witty and palatable style! I recommend this reserve to all or any my birth clients. Can inspire you to truly have a calm birth. But what have you really surely got to loose?.. This book is packed with great info that's super helpful! DONT GIVE BIRTH WITHOUT READING THIS GEM! She can help you visualize in ways that are incredible and exceptional. I will definitely become recommending this to expecting moms! Great book This book is amazing.



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