

The Mindful Mom-To-Be: A Modern Doula's Guide To Building A Healthy Foundation From Pregnancy Through Birth By Lori Bregman

By Lori Bregman

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Lori Bregman is the author of *The Mindful Mom-To-Be* (0.0 avg rating, 0 ratings, 0 reviews, published 2015) register; tour; Lori Bregman's Followers. None yet.

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Lori Bregman's new book, The Mindful Mom take us through everything a doula will do for (which helps promote healthy tissue growth, the building block

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