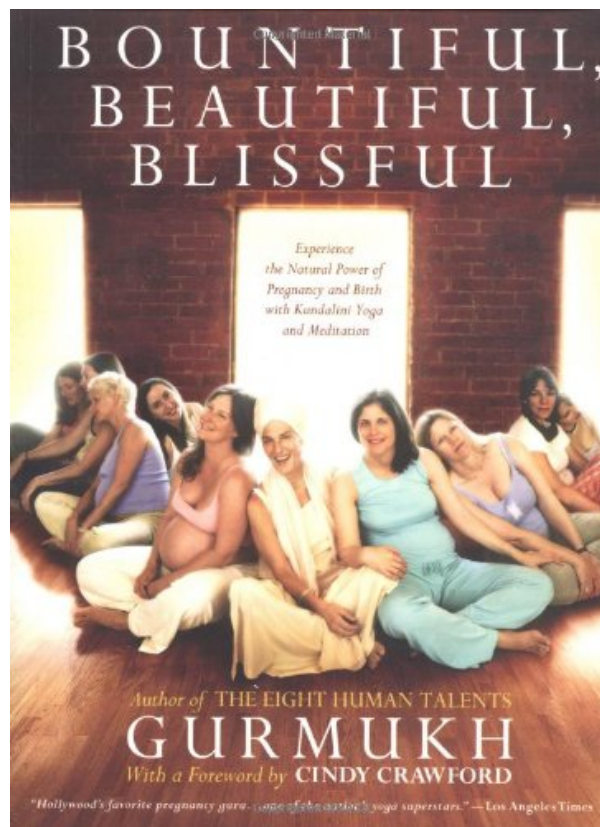
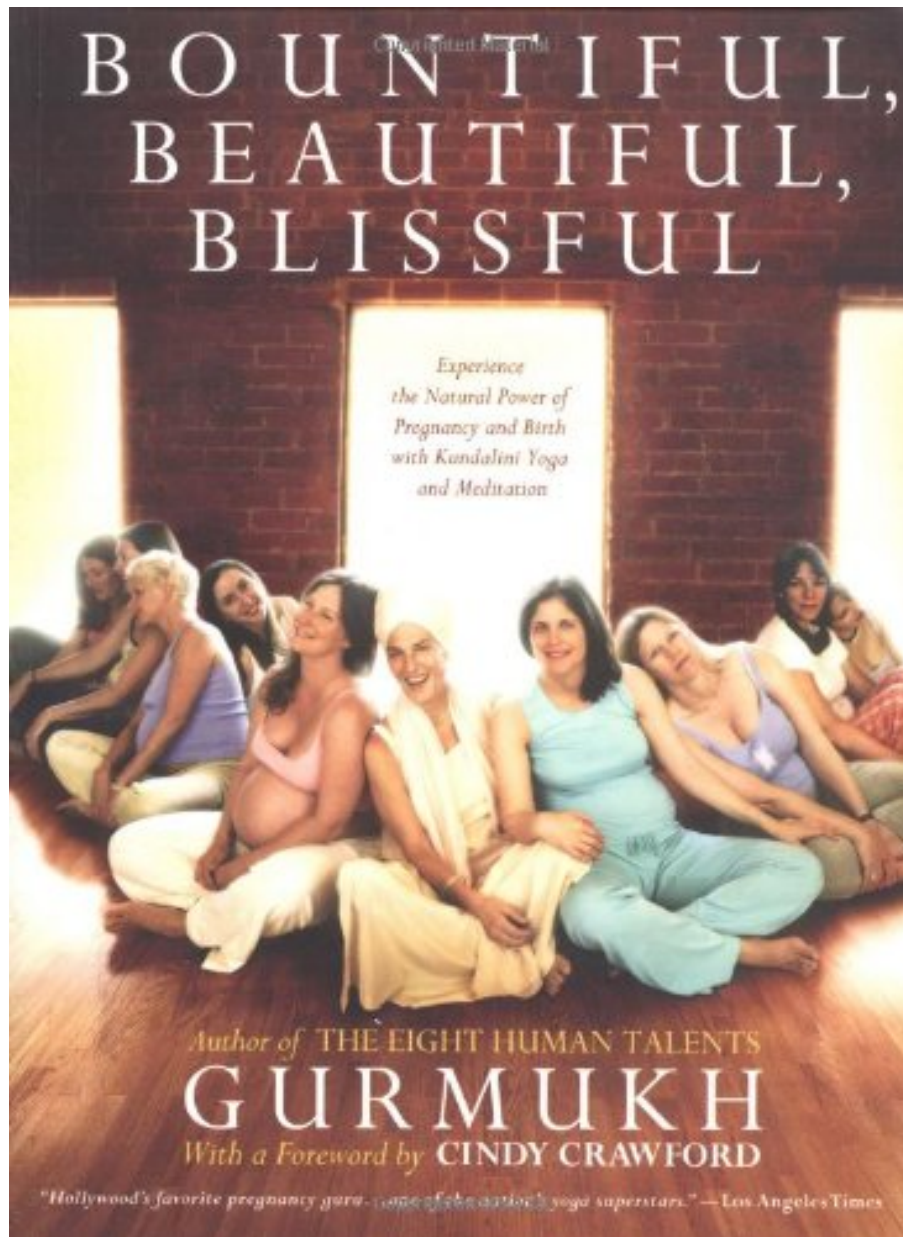


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PREGNANCY AND BIRTH WITH
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Review

“Gurmukh is Hollywood's favorite pregnancy guru. . . . She draws people by the thousands each month to the Golden Bridge yoga studio in Los Angeles, and she's considered one of the nation's yoga superstars.” ?Los Angeles Times

About the Author

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From internationally renowned yoga teacher Gurmukh comes a book on pregnancy unlike any other. Bountiful, Beautiful, Blissful is a treasury of wisdom, information, and inspiration for pregnancy and motherhood based on the spiritual and physical practices of Kundalini yoga, which Gurmukh has taught for the last thirty years.

With illustrated, step-by-step instructions, she teaches time-tested techniques, meditations, and exercises that will help you physically, mentally, and spiritually. In the timeless way that women have passed down wisdom surrounding birth and child rearing to one another for centuries, Gurmukh weaves folk stories and contemporary testimonials into a program designed to help you get profound results in the shortest possible time.

The sections in this book cover each trimester of pregnancy as well as delivery and life with the baby. In her wise, gentle, and comforting voice, Gurmukh suggests meditations, exercises, and yoga positions to respond to the various needs of expectant and new mothers as you undergo dramatic body changes. Gurmukh also helps you explore and, when necessary, heal your own history and unconscious attitudes about pregnancy, birth, and parenting.

In Bountiful, Beautiful, Blissful, Gurmukh gives you all the tools you need to have a healthy and happy pregnancy while increasing your connection to your partner and building compassion and prosperity. The ancient practices of yoga can lead you back to your own power as a woman, capable of more than you ever dreamed. All you need is a belief in the possibility of change and a commitment of as little as three minutes a day. Gurmukh has helped thousands of women and their families find fulfillment through the healing movements and meditations of Kundalini yoga---and she can help you, too!

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Most helpful customer reviews

24 of 26 people found the following review helpful.

Yoga moms-to-be: This book is terrific!

By A Customer

BEAUTIFUL, BOUNTIFUL, BLISSFUL is an amazing introduction to the technology of Kundalini Yoga and meditation for expectant women. As with her powerful first book, *EIGHT HUMAN TALENTS*, Gurmukh presents practical information, divided into sections based on the three trimesters of pregnancy. Each section is a wealth of knowledge and insight into the choices that pregnant women and their loved ones face; specifically, subjects like breastfeeding, labor, diet, exercise, the decision of where to birth, and mothering. In the spirit of attending one of Gurmukh's classes, the sections conclude with perfect and powerful meditation suggestions to address the emotional and spiritual needs of the new mother.

Gurmukh's positivity and encouraging tone throughout the book and her use of real-life examples from her own experiences and those of her students make this volume very enjoyable to read and share with others. Another terrific feature of the book is the presentation of the information by trimester. This will make mothers feel organized and able to "check off" many of their concerns as they address them in a way that makes perfect sense of the baby's development inside of them. The simple pencil illustrations in the book are a celebration of women's pregnant bodies, and nicely demonstrate exercises and meditations.

This book is a delight to read, an attractive reference, the perfect gift for expectant mothers, and a wonderful addition to one's own library of yoga, health, pregnancy, and parenting titles.

150 of 198 people found the following review helpful.

Serious mistakes, packed with prejudice

By Moden Jorun

I bought this book after reading some very positive reviews on Amazon.com. Unfortunately there are grave misconceptions and mistakes in Gurmukh's book, which means I don't dare trust her advice. Some of the worst mistakes include:

Nourishment - Gurmukh claims there is more protein in broccoli than in meat (p 80). She suggests pregnant women should try a vegetarian or vegan diet. There is very little protein in broccoli (3,5%) whereas there is a lot in meat (15-20%). However there is plenty of proten in soy flour (37%), nuts (15-25%), beans, peas and tofu (8 - 10%). Gurmukh's claim is wrong, potentially harmful and unnecessary, since there are lots of great sources for vegetable protein, just not broccoli.

Exercise - Gurmukh says she once had a student who was a dancer on a fairly rigourous training schedule. She ended up having a C-section because her cervix would not dilate (p 151). Gurmukh thinks her abdominal muscles might have been so tight that she couldn't let go. I have studied the subject of pregnancy and exercise carefully and versions of this story are often used to scare women to take it easy during their

pregnancy. Yes, there are exercising women who had to have a C-section. But this complication in childbirth is more common in women who exercise little or not at all! Abdominal muscles cannot get too tight to give birth, it is the cervix and uterus that are involved in the birth process. Exercising women who generally find it easier to relax than those who don't and recover faster after childbirth. Read James F. Clapp, "Exercising through your pregnancy" for well researched information.

Heavy Metal - Gurmukh says that heavy metal is bad for your baby p 88). This is a matter of opinion but my personal belief is that anything that makes mother feel good will make baby happy.

Men - Gurmukh thinks most men can't stand to see blood, are unsuitable as birth attendants and can only do one thing at a time. Now, let's not generalize... the men I know are intuitive, sensitive, brave and supportive. And I can only do one thing at a time!

Furthermore, Gurmukh says that religion doesn't matter but at the same time she recommends that everyone should try making an altar for the baby, celebrate the arrival of the child's soul and so on. If you like a lot of references to religion and God, this book may be right for you.

Anything good in the book? There is some wholesome advice against circumcision and planned C-sections and Gurmukh is in favour of family beds and attachment. But if these are subjects that interest you, you'll get better value for money if you buy a copy of Sears "The Baby Book". The book is not as much about yoga as about how to expect, deliver and be a mother the Gurmukh way. There is a single yogic exercise at the end of each chapter, I would have preferred suggested exercise programs with routines to follow every day.

5 of 5 people found the following review helpful.

I feel blissful too

By M. Tallie

After reading Spiritual Midwifery and Birthing From Within, I thought nothing would match the beauty and strength contained in those books. Imagine my surprise when I opened Gurmukh's book and found myself immediately captured by her descriptions of her feelings during her first trimester of pregnancy. I was hooked. My husband bought me the book for Christmas and I am using the exercises and Gurmukh's wise, nurturing voice to accompany me during my second pregnancy.

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The books Bountiful, Beautiful, Blissful: Experience The Natural Power Of Pregnancy And Birth With Kundalini Yoga And Meditation By Gurmukh Kaur Kh, from basic to complicated one will be a quite valuable operates that you could take to alter your life. It will certainly not provide you unfavorable statement unless you do not get the definition. This is certainly to do in reading a publication to get rid of the meaning. Typically, this publication entitled Bountiful, Beautiful, Blissful: Experience The Natural Power Of Pregnancy And Birth With Kundalini Yoga And Meditation By Gurmukh Kaur Kh is checked out due to the fact that you actually like this sort of book. So, you could obtain simpler to comprehend the perception as well as significance. Again to always remember is by reading this e-book **Bountiful, Beautiful, Blissful: Experience The Natural Power Of Pregnancy And Birth With Kundalini Yoga And Meditation By Gurmukh Kaur Kh**, you could fulfil hat your inquisitiveness beginning by finishing this reading book.

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