

Enjoy Your Happy Pregnancy!

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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Enjoy Your Happy Pregnancy!

By Adwina Jackson

Let's now talk about the very happy pregnancy! It goes without saying that happy people tend to feel better and have a more positive outlook on life and the lemons we are sometimes dealt. The same is true of expectant moms.

Probably the best way to be happy is to be happy. Unfortunately, no one can provide a universal formula for happiness. What we can recommend is that you try to adapt a positive mindset; instead of asking, "What else could go wrong?" ask, "What am I most grateful for?" Taking a few minutes to count your blessings can help you put perspective on any situation.

You can also increase your happiness levels by participating in meaningful work, giving back to others and cultivating healthy relationships. A happy person develops a sense of empowerment—that her happiness cannot be taken from her.

Certainly, happiness brings out the best in each of us and helps us see the best in ourselves. And for expecting moms, pregnancy is one of those times when they most need to believe the best in themselves. For example, we remind expectant moms to be happy, because:

1. You are creating life, an extraordinarily miraculous gift!
2. You have never looked more beautiful, voluptuous or motherly!
3. You have the rare pleasure of eating whatever you want, whenever you want (Take advantage—this perk doesn't last!)
4. You can unabashedly shop for cute baby outfits—darling caps and booties—and squeal with glee when you find the perfect shade of mint green on a baby creeper!
5. You can take secret delight in the jealous stares of others; there is nothing in the world more precious than a pregnant woman with a rounded belly and a motherly glow!

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So, if you are pregnant, always try to be happy, even though there are some changes within you, the unpleasant ones, just like what you will see below.

The Changes in Pregnancy

Every woman who has experienced a pregnancy knows that changes come within the nine months. Naturally, our bodies change. Our boobs get bigger and our tummies expand, taking us on a whirlwind from one craving to the next. What are the other changes?

* Morning sickness, which can happen at anytime during the day, is also a new change for expectant moms. Foods and even smells we once loved can send us into a hurl on a second's notice. On top of that, we get to enjoy sweating like piglets, pimple outbreaks, exhaustion and sore feet and backs.

* The emotional and mental changes. You've got to start getting into the Mom Mindset, so you tend to

become more protective of others. See your husband using a knife that looks too sharp? Better run over and cut that tomato yourself!

* Indeed, we women take our roles as mothers seriously—sometimes too seriously. Sometimes we work ourselves into tearful outbursts over anything from a sad movie to a dirty rug during our pregnancies.

* Becomes irrational occasionally. Mood swings are totally normal, too. A pregnant woman's body is going through hormonal changes, and spouses and others are well-advised to not taking anything personally.

Adwina Jackson has a deep concern on parenting. Get her inspirational guides about Pregnancy Without Stress at

<http://insparenting.com/guides/pregnancy-stress/>

Also, grasp her other motivational

parenting tips at

<http://insparenting.com>

, a worth-to-visit daily updated blog.

Pregnancy Guide Selection Tips

By Mandy Robinson

>From the moment you find out that you are pregnant, expecting mothers immediately begin to worry

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about planning for a successful pregnancy and in addition for their bundles of joy. Planning is perhaps the most important thing you can do during your pregnancy, so finding a quality guide is of the utmost importance to helping you organize for success. You may be issued with some kind of brochures from your doctor at your first medical check-up where your pregnancy is officially confirmed, or you may be given something by friends who have already had babies. Read through the guide you are given, and see if it matches your ideal pregnancy in your mind.

1. Pregnancy Guides In A Nutshell

– Pregnancy follows a set pattern of development – What to expect with your body during each of the three trimesters – Hints on how to prepare for the actual birth of the baby – Diet advice – Exercise advice

2. Generic Pregnancy Guides

For many women, a generic pregnancy guide is sufficient to give them the information they require. Of course, depending on your personality you may want to explore other books to see if they are better suited to you. For example, do you want a pregnancy guide that not only informs but also encourages you to use the book as a record of your pregnancy by having space for you to write in your weight at the various stages?

3. Teen Pregnancy

If you are a teen mother-to-be, or this is not your first child, then you may prefer a pregnancy guide that speaks to you and offers more specific advice. It could be that you prefer to know all the symptoms of the various complications of pregnancy so that you are prepared, or perhaps you prefer a book that doesn't give you nightmares.

4. Diabetes Also, Other Conditions

For those with diabetes or other specific conditions, there are pregnancy guides that will apply specifically to you and can help you to plan on adjusting your dietary intake for your condition.

For more great pregnancy related articles and resources check out

<http://fab-pregnancy.info>

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