



## Hypnobirthing: The Mongan Method A Natural Approach to a Safe, Easier, More Comfortable Birthing [With CD]

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Marie Mongan, M.Ed., M.Hy., is a life-long educator, former college dean, clinical hypnotherapist, and Director of the Hypnobirthing Institute. She is the recipient of the 1995 National Guild of Hypnotists President's Award and received the coveted Charles Tebbetts Award in 2000 for the recognition she has brought to hypnotherapy. Ms. Mongan lives in New Hampshire, but spends much of her time on the road training new instructors in the techniques of hypnobirthing. She is the mother of four adult children, all born using the techniques upon which hypnobirthing is based.

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- Sales Rank: #463001 in Books
- Published on: 2005-05-24
- Binding: Paperback

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