



Sacred Pregnancy: A Loving Guide and Journal for Expectant Moms

By Anni Daulter

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In today's western cultures, the typical pregnancy focuses on the baby to the exclusion of the woman herself, so that the entire experience has become more about preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all of the changes that creating a new life brings. *Sacred Pregnancy* was written to help the pregnant woman journey within herself to prepare for the birth of her baby.

Sacred Pregnancy is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full gestation period of a pregnancy. With beautiful professional photos that correspond to each topic, *Sacred Pregnancy* also features a journal space for the pregnant woman to record her thoughts and feelings. Each week the mother-to-be is given information on her baby, her body, and her spirit and is asked to reflect on these via the topic of the week, which touches on a variety of issues such as sexuality, fears about labor, becoming a mother, courage, rite of passage, adornment, body image, meditation, and sisterhood to name a few. Mothers-to-be are invited to look deeply at the issues unique to their journey and find a centered, peaceful place to live their pregnancy fully. Lastly, *Sacred Pregnancy* includes place for the new mother to record her birth story and a large resource section on various birthing options and supports for pregnant women.

“From the spiritual (how to visualize your perfect birth) to the practical (a large section on birthing options), this pregnancy journal is a spiritual adviser and supportive doula all in one.”

—*Fit Pregnancy magazine*

For more information, visit the Sacred Pregnancy website.

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Editorial Review

Review

"Pregnancy is such an amazing time in a woman's life and should be honored and valued. *Sacred Pregnancy* helps empower women and encourages them to personally reflect on their internal process before having children. This is a beautiful gift to all pregnant women!"

—Ricki Lake, actress, and Abby Epstein, filmmaker, *The Business of Being Born*

"*Sacred Pregnancy* provides vital information in a framework that is crucial for women and families embarking on the tremendous adventure and responsibility of birthing new life. An important reference that you will keep next to your bed throughout your pregnancy."

—Alisa Donner, MSW, LCSW, cofounder, Pregnancy Awareness Month

"I wish I had read *Sacred Pregnancy* when I was pregnant instead of the dozen books I had to piece together to try to make sense of it all. Anni Daulter has created what should be the new standard for today's mom: birth journals, labor workbooks, pregnancy memoirs, and holistic wisdom. It is gentle and enlightening, and lays the foundation for what we know helps women have the labor and birth they want and deserve: support, self-knowledge, and empowerment."

—Mayim Bialik, actress

"I have never read such an in-depth, affirmative and warm book about our power as women in birth. *Sacred Pregnancy* is unique—instead of focusing outward on what we need, it draws us inward to honor the tools we inherently have. This book is a must-have journal and keepsake for the sacred mama-to-be in your life."

—Rachel Myers, Green Hugs, healthy-home and green-nest advocate

"*Sacred Pregnancy* brought tears to my eyes. This book brings the outward and inward experiences of pregnancy together in such a powerful and beautiful way. Anni Daulter has documented such important milestones that happen to each and every pregnant woman during pregnancy and offers connective ways to go deep within each step of the way. Connection and healing are such important aspects of pregnancy that very often get overlooked in our fast-paced society. *Sacred Pregnancy* is a book that every pregnant woman should have access to during this special and empowering point in her life."

—Lisa DeNardo, mother of five and blogger at earthmama101.com

"Few women are so committed to advocating for a woman's right to birth her baby in a sacred and empowering way as Anni Daulter is. She has a tremendous gift to offer us all in her passion to protect the family dynamic as she shares the mysteries of the birth journey with us."

—Aleksandra Evangelidi, LM, CPM, owner of The Sanctuary Birth & Family Wellness Center

"*Sacred Pregnancy* is a wonderful book and is absolutely beautiful and touching. It really speaks to vital pregnancy issues—I would recommend this as a gift for all pregnant moms."

—Shiva Rose, actress

"*Sacred Pregnancy* is an amazing book and it's so gorgeous! I wish this were available to me during any of my three pregnancies, as I think this will help women get more in touch with themselves throughout this beautiful process. I would happily recommend *Sacred Pregnancy* to all expecting moms."

—Shanna Moakler, actress, TV personality, and mother of Alabama, Atiana, and Landon

"It's rare to find a pregnancy book that is nourishing, empowering, informative, and enjoyable, but *Sacred Pregnancy* manages to do all of that and more. Anni Daulter challenges her readers to reframe and rethink the way society looks and talks about pregnancy. This book shines through as a reminder that we already have all that we need around us to have a positive and fulfilling pregnancy. A must read for any mother-to-be!"

—Avital Norman Nathman, blogger at *The Mamafesto: Where Motherhood & Feminism Collide*

"*Sacred Pregnancy* is a wonderful read for a mom-to-be who is interested in the spiritual side of pregnancy. It is uplifting and beautifully photographed and illustrated."

—Julie Davine

"*Sacred Pregnancy* is a beautiful book that employs all five senses and makes your spirit rise in a 40-week exploration of self. The author goes beyond the basics of what's happening with your body and your baby and looks at each week through a holistic lens to include mind, spirit, and community. It is rich with resources to help you truly experience your journey through pregnancy as a sacred event. It's like having a friend who knows just the right thing to say to support you throughout your journey."

—Holly Keich, owner of Om Baby

"The months of pregnancy and new motherhood fly by, and most of us are left with a sense of 'What just happened?' *Sacred Pregnancy* invites women to reflect, to write, to be completely conscious during this most amazing life experience. Not only will women learn from it, they will be inspired by it. This beautiful book will become a cherished keepsake. Every enlightened mother-to-be should have a copy."

—Peg Moline, Editor in Chief, *Fit Pregnancy magazine*

"I am in LOVE with this book. I think every woman should carry it throughout her pregnancy! This book addresses all of the fears, concerns, myths, joys, rites, and relationships that come with pregnancy. Each thoughtful chapter has a dedicated space for journaling on that particular topic, at once creating not just a beautiful book to read, but an amazing keepsake of such a magical time. Filled with poignant stories, facts, suggestions, and inspiration, it takes you on a spiritual journey throughout the 40 weeks of pregnancy, encouraging you to revel in the awe of the universe, your blossoming body, babies, and the awesome power of birth."

—Melanie Monroe, Ecobaby planning+concierge

"Finally, the baby book I've been waiting for! A refreshing contrast to the typical textbook-style baby books, *Sacred Pregnancy* takes a turn to focus on the mother's needs and her journey from conception to birth and what's important in between—her body, her baby, and her spirit. During such a miraculous time when the body is transforming, hormones are raging, and baby is growing by the minute, it is truly rejuvenating to find a book that concentrates on the balance within the pregnant woman. This is a breath of fresh air for any mother-to-be!"

—Martha Lee, blogger at PaulaDeen.com

"*Sacred Pregnancy* brings expecting mothers an inspiring gift that will prepare them for the labor experience with confidence and joy by connecting them with inner wisdom, community awareness, and human compassion."

—Ana Paula Markel, founder of BINI Birth, www.binibirth.com

"*Sacred Pregnancy* is an antidote and healing balm bringing us home in every image, every page, every resource to our deeper knowing that the journey bringing life forward is indeed a holy rite of passage deserving of our highest honor and respect. This is no ordinary book but rather a magical daily portal beckoning you with every transition and turn of the page to remember that this entire epilogue initiation of

pregnancy, moment by moment, is to be treasured."

—ALisa Starkweather, founder of the Red Tent Temple Movement and Women's Belly and Womb Conferences

"Reading through *Sacred Pregnancy* allowed me to remember back to each of my pregnancies, the fears, the joys, and discoveries I had made each time. I wish I had something this wonderful to have logged all stages of each of my pregnancies since they were so different. The book's resources are so helpful, especially when there is so much information to weed through, and the desire to do everything perfectly is so strong for new mothers. I recommend this book to any mother-to-be who wants to know herself more deeply during this time."

—Tnah Louise, Bella Faccia Foto

"I believe that *Sacred Pregnancy* will succeed in bringing the spirit energy and the strength of the universal feminine energy back to pregnancy and birth. The glorious photos make visible a woman's inner and outer beauty during this huge life transition while the soothing affirmations allow her to move into her mothering space with joy and calm. In moving through the pregnancy experience week by week, the book helps a woman move more organically into growing her baby and allows pregnancy to take on less of a frightening urgency so that it slows down into a peaceful, mindful, and fulfilling process that mom and all around her can enjoy far deeper than has become the habit in our society."

—Ruth Blanding, *Joy In Momming* blog

"*Sacred Pregnancy* is an invaluable resource for expecting moms. Anni's holistic and passionate understanding of all the physical and emotional nuances of pregnancy shines through her writing. Not only has this become an incredible resource for my wife as she experiences pregnancy number three, it's an amazing tool for me as an 'expecting father.' It has helped me understand my wife's journey so much more deeply and provided detailed ways I can support her (whether it's making a special tea or helping her create a comforting space). I recommend any expecting couple to read this book together."

—Christopher Gavigan, founder, The Honest Company

"Full of original ideas for food, movie, book, website, and other pairings for the weeks of pregnancy, *Sacred Pregnancy* is a one of a kind book. Exquisitely beautiful photographs and gorgeous design complement the loving tone of acceptance so richly present in its pages. *Sacred Pregnancy* will lift the spirits of all pregnant women!"

—Peggy O'Mara, founder, Mothering.com

"As a childbirth educator, birth doula, and midwife, I have worked with countless expecting families. I have longed for a book like Anni's to give them. This book captures everything that a pregnant woman needs to prepare herself for the most beautiful of all her life transitions and honors the trust of birth our culture typically misses."

—Katie McCall, CPM, author of *Tyranny of the Cubicle*

"Although I was twenty weeks pregnant when I began reading this book I started at the beginning and instantly fell in love with the style of writing. As I read through each week and reflected on my own experience I began to feel more connected to my own pregnancy. I have been using this wonderful resource and journal ever since and plan to continue doing so for the next sixteen weeks."

—Lindsay Ingalls, certified holistic health coach and blogger at *Running With Tongs*

"*Sacred Pregnancy* offers women a way to connect with their inner power in the most beautiful way. This book truly touches on the holiness of the experience, as it prepares women to really connect with the transformations that are happening to her in a very deep way. I highly recommend this book—it should be

required reading!"

—Mavis Gewant, sacred artist, doula, and baby intuitive, www.sacredmotherarts.com,
www.gentlecairedoulaservice.com

"From the spiritual (how to visualize your perfect birth) to the practical (a large section on birthing options), this pregnancy journal is a spiritual adviser and supportive doula all in one."

—*Fit Pregnancy magazine*

"Not only does this book contain beautiful and empowering maternity photos throughout, but every chapter invites a mother-to-be to go deeper into her pregnancy and see it as a spiritual journey."

—*Mother Earth News*

"[*Sacred Pregnancy* provides] a gentle guide down the path to motherhood. Not only will the reader receive support in preparing for the birth of her child, but she will also prepare for her own birth into motherhood. ... *Sacred Pregnancy* is a book that holds empowering mothers at its core. And frankly, with this as its lofty goal, *Sacred Pregnancy* is a book that can change the world, one mother at a time."

—*Sparrow magazine*

"[*Sacred Pregnancy*] is a nurturing wonder! A week-by-week book for expecting women that describes not only what is happening to their bodies and babies throughout pregnancy, but also allows their spirits, intellect, and emotions to be stimulated, protected, encouraged, and nurtured into empowerment."

—*Wonderfully Made Bellies and Babies blog*

"With gorgeous photographs and stories, [Anni Daulter's] book is the perfect set-up for a soulful motherhood."

—*Mothering with Soul blog*

"Absolutely gorgeous! ... *Sacred Pregnancy* would make a delicious, nurturing gift for any pregnant woman wishing to dive deep into the experience of her pregnancy and into conscious birth preparation."

—Molly Remer, *Talk Birth*

"*Sacred Pregnancy* is a must for spiritual mothers who want to embrace their experience instead of simply enduring it."

—*Midwest Book Review*

About the Author

Anni Daulter, an eco-mama, cook, and advocate of natural family living, has been encouraging women to take control of their birthing experiences for many years. Daulter recently launched her new Sacred Pregnancy community, providing sisterhood and resources for both new and experienced moms. Anni's first book was *Organically Raised: Conscious Cooking for Babies & Toddlers* (Rodale, May 2010). In addition, she is the author of *Ice Pop Joy* and *The Organic Family Cookbook*, both published by Sellers in 2011. Daulter lives in Philadelphia with her family. Her children are Zoë, Lotus Sunshine, Bodhi, and River Love.

Users Review

From reader reviews:

Willie Blackburn:

What do you in relation to book? It is not important along with you? Or just adding material if you want

something to explain what yours problem? How about your spare time? Or are you busy man? If you don't have spare time to try and do others business, it is gives you the sense of being bored faster. And you have extra time? What did you do? Everybody has many questions above. They must answer that question mainly because just their can do that. It said that about e-book. Book is familiar in each person. Yes, it is right. Because start from on jardín de infancia until university need this kind of Sacred Pregnancy: A Loving Guide and Journal for Expectant Moms to read.

Paul Erdmann:

The publication with title Sacred Pregnancy: A Loving Guide and Journal for Expectant Moms contains a lot of information that you can learn it. You can get a lot of help after read this book. This kind of book exist new understanding the information that exist in this book represented the condition of the world today. That is important to yo7u to find out how the improvement of the world. This book will bring you in new era of the glowbal growth. You can read the e-book on your smart phone, so you can read that anywhere you want.

Joseph Blackwell:

Your reading sixth sense will not betray a person, why because this Sacred Pregnancy: A Loving Guide and Journal for Expectant Moms publication written by well-known writer we are excited for well how to make book which might be understand by anyone who read the book. Written within good manner for you, still dripping wet every ideas and writing skill only for eliminate your current hunger then you still question Sacred Pregnancy: A Loving Guide and Journal for Expectant Moms as good book not merely by the cover but also by the content. This is one book that can break don't assess book by its include, so do you still needing a different sixth sense to pick this particular!? Oh come on your reading through sixth sense already told you so why you have to listening to a different sixth sense.

Luther Jensen:

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