

NEW TITLE RELEASE

"The perfect guide for those entering motherhood or already there." –Skye Dyer, Singer/Songwriter

PEACEFUL MAMA

The Mind, Body & Baby Connection

THE MANIFESTO OF CONSCIOUS MOTHERHOOD

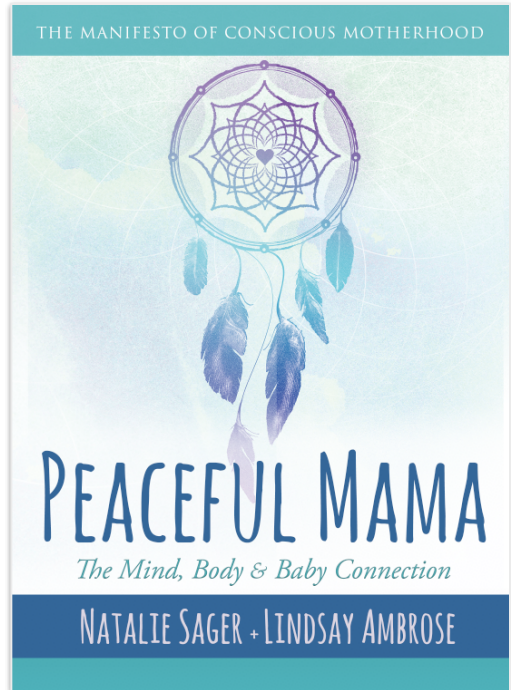
FOREWORD BY SKYE DYER

"*What to Expect When You're Expecting* is like the Bible for new moms, but it doesn't prepare you for motherhood! *Peaceful Mama* helps you understand what mama-hood is really like..."

–Lindsay McCarthy, *The Miracle Morning for Parents and Families*

"This book is needed in the hands of any expecting or seasoned mom who is seeking a more peaceful, connected, and compassionate motherhood experience." –Hal Elrod, #1 Best Seller, *The Miracle Morning*

PRESENTING THE MANIFESTO OF CONSCIOUS MOTHERHOOD... this book shares the tools every mom needs to improve her well-being and raise consciousness through a unique and practical framework called MAMAHH Moments (pronounced mom-ahhhhhh). Every single reader is invited to join the worldwide tribe that's discovering the magic and massive benefits of taking moments throughout the day to become more centered and present in these six life-changing areas: **Movement · Affirmations · Mindfulness · Abundance · Health · Heart**. Eight scientifically informed, highly relatable narrative chapters include the wisdom and tools from 20 Peaceful Mama Experts, including midwives, doulas, naturopaths, nurses, coaches, psychologists, acupuncturists, homeopaths and fitness gurus who remind us peace begins within and Peaceful Mamas will change the world.



PARENTING / BODY, MIND & SPIRIT

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NATALIE SAGER (a.k.a. "The Modern Hippie Mama") is a mama, wife, author, speaker, teacher and meditative Yogini. She is passionate about holistic health, organic living and honoring the divine. Her mission is to help all beings live in pure health with an abundance of happiness.

LINDSAY AMBROSE is a wife and mother of three young children. She incorporates her training in Unified Mindfulness and as a DONA Postpartum Doula to lead workshops, serve as a mindfulness and spiritual guide, and host the podcast *EveryDayEveryMom*.

Meet Natalie, Lindsay & the Peaceful Mama Experts at www.PeacefulMamas.com.