



Painless Childbirth

AN EMPOWERING JOURNEY THROUGH PREGNANCY AND BIRTH

"Pregnancy is a beautiful balance of life, love and spirit and Giuditta reflects that perfectly in her gentle book. What a lovely way to prepare for your new life ahead."

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Creator of the book/DVD

"The Happiest Baby on the Block"

Giuditta
Iometta

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M Carnoy



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