



# **Mothering from Your Center: Tapping Your Body's Natural Energy for Pregnancy, Birth, and Parenting**

*Tami Lynn Kent*

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## **Mothering from Your Center: Tapping Your Body's Natural Energy for Pregnancy, Birth, and Parenting** Tami Lynn Kent

Create new forms of mothering and learn to facilitate daily access to the power, spirit, and joy that mothering from the center brings.

Building on themes from Tami Lynn Kent's award-winning *Wild Feminine*, *Mothering from Your Center* takes a groundbreaking, holistic approach to women's health as Kent provides gentle guidance through the emotional and physical transformative process of pregnancy, birth, and motherhood.

Revealing her own soul-filled journey from miscarriage to motherhood, Kent offers an intimate and comprehensive guide to reclaiming the energetic center of the female body. Drawing on her work with thousands of women and the energy of the pelvic bowl, Kent teaches you to access the creative potential of your center and the profound medicine it contains for all aspects of mothering and living creatively. Learn how to

- engage the energetic power of the pelvic bowl;
- heal from pregnancy and birth;
- strengthen the bond between mother and child;
- create holistic family harmony;
- find balance between work and home;
- enhance creativity and joy.

Whether you are pregnant, trying to conceive, recovering from childbirth, or raising children today, *Mothering from Your Center* will help you tap into your core feminine energy and explore your full creative range.

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