

**Mindful Motherhood: Practical Tools For Staying Sane
During Pregnancy And Your Child's First Year By
Cassandra Vieten**

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Vieten, C. (2009). Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child's First Year. Oakland, CA: New Harbinger.

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Cassandra vieten - the huffington post

Jun 04, 2015 She is the author of Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child's First Year Mindful Motherhood,

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About Us. Kellie Edwards is a She is the author of Mindful Motherhood: Practical Tools for Staying Sane During Pregnancy and Your Child's First Year.

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