|  |  |  |
| --- | --- | --- |
| John Hunt Publishing - **O-BOOKS** - announces the new title | | |
| **Happy Birth Happy Baby** How birth changes the world  Kelly Palmer  Have a positive birth for you and your baby; and heal the world in the process!  Birth is powerful. A happy birth is one that empowers you to make the choices that are best for you and your baby. Birth makes a difference; to mothers, to babies and to the world. Happy Birth, Happy Baby is a practical and inspiring guide to having a positive birth experience. Featuring cutting-edge research as well as exercises including self-hypnosis, journaling, birth art, mindfulness exercises and even dancing, Happy Birth Happy Baby is a sourcebook for all expectant mothers who want to reclaim their births.  **Author Bio** Kelly Palmer is a mother of three and is the bestselling author (writing as Michelle Kelly) of the number one crime novel 'When I Wasn't Watching'. She is a doula, birth practitioner and psychotherapist whose website www.hypnobirthingcoventry.com is one of Britain's key resources for doulas and mothers-to-be. Kelly lives near Coventry, UK. Online: [Author Website](http://www.happybirthhappybaby.co.uk), [Twitter](http://www.twitter.com/#!/@hypnobirthcov)  **Previous Titles** Downward Facing Death (9781250067371) St. Martins Press, 2016. When I Wasn't Watching (B00LTXZ3RM) Harlequin, 2014.  **Promotional Plans** Author works as a birth practitioner for Mindful Mamma and Red Tent Doulas, and will directly market the book through classes and clients. Happy Birth Happy Baby is to be added as a reading text to accredited Doula UK courses. Promotion via author's website www.hypnobirthingcoventry.com which will include resources available for free to those who buy the book. Social media promotion. Regular articles in Parent Tribe magazine agreed.  **USP** Looks at the spiritual and psychological effects of birth, not just the physiological, for mothers, their babies and society as a whole. The only birth book to feature practical exercises including EFT for overcoming previous birth trauma.  **Competing Books** Ina Mays Guide to Childbirth 9780091924157, by Ina May Gaskin Vermillion, 2008  **Categories** BODY, MIND & SPIRIT (General)(OCC010000) -> Mindfulness & Meditation(OCC010000) FAMILY & RELATIONSHIPS (General)(FAM032000) -> Parenting (General)(FAM032000) -> Motherhood(FAM032000) PSYCHOLOGY (General)(PSY004000) -> Developmental (General)(PSY004000) -> Child(PSY004000) |  | **Publication Date** October 2018  **Paperback** ISBN: 978-1-78535-717-6 $19.95  |  £12.99 8.5x5.5 inches | 216x140 mm 184PP  **e-book** ISBN: 978-1-78535-718-3 $9.99  |  £5.99  **Library of Congress** 2017942027 |
| Distributed to the trade by National Book Network in US; by Orca Marston in UK Publisher contact: beccy@jhpbooks.net [o-books.com](http://o-books.com) |  |  |