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Updated  
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# *HypnoBirthing*®

The Mongan Method

A Natural Approach  
to a Safe, Easier, More  
Comfortable Birthing

**Marie F. Mongan, M.Ed., M.Hy.**

Foreword by Lorne R. Campbell, M.D.

# Hypnobirthing The Mongan Method A Natural Approach To A Safe Easier More Comfortable Birthing

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