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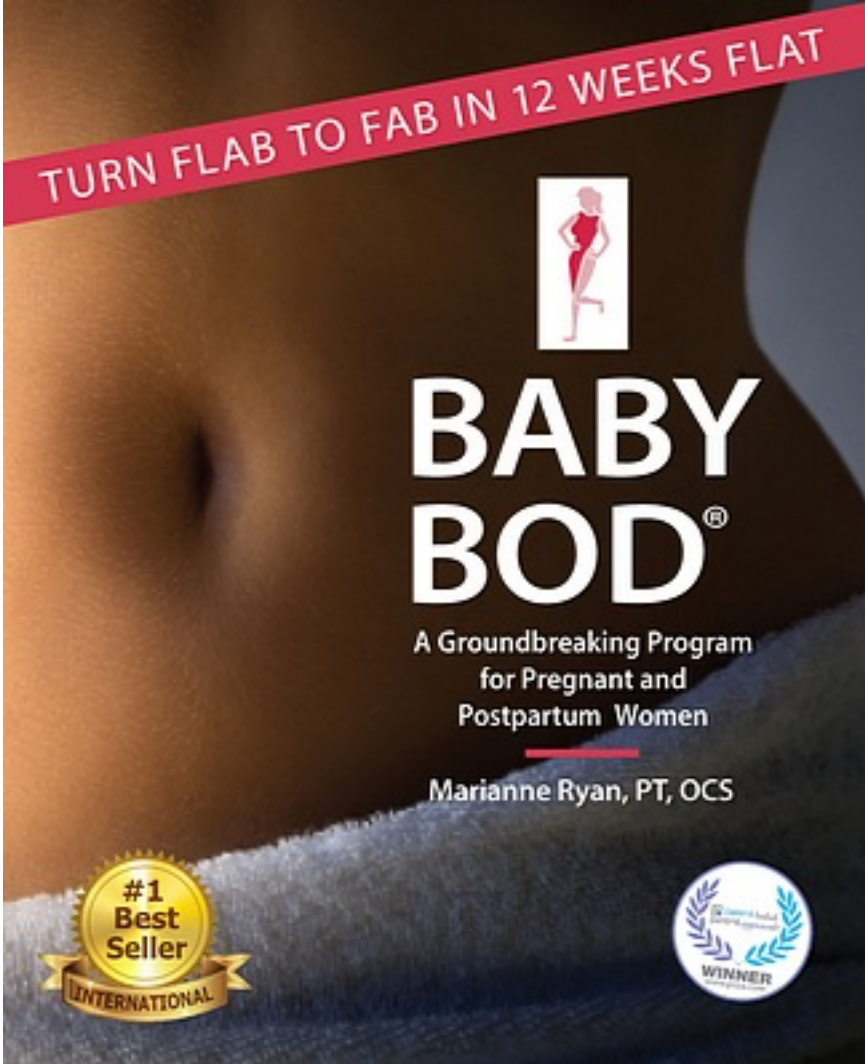
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Blog

A Groundbreaking New Self-Care Program For Pregnant and Postpartum Women.

Written by: Dianne Edmonds Posted on 10 Jun 2015 0



A new book written by Marianne Ryan.

"It is time for women to consider each stage of healing post-birth and take the time needed for full recovery. **Baby Bod** ® will help women who are still postnatal many years later, as well as new mums, make the journey to recover from pregnancy and childbirth".

Shared from "Praise for Baby Bod ®", Dianne Edmonds, Director and Founder of The Pregnancy Centre, Physiotherapist, Personal Trainer.

This book has been written by Marianne Ryan, a New York based and leading Women's Health Physical Therapist with 30 years' experience, who is one of the few to have obtained Board Certification as an Orthopedic Certified Specialist. As a mother of two, Marianne is passionate about helping women prepare for childbirth and restore their bodies afterwards.

Marianne writes a popular blog on women's health at www.BabyBodBook.com

In her new book Marianne offers a step by step thoroughly layed out program to be followed, taking into account the many considerations of pregnant and postnatal mums, from her years of wisdom and experience as a therapist.

I am pleased to have made some contributions from Australian women's health work towards Marianne's book and to have helped and supported her along the way, in her writing process, across the miles from Australia.

Marianne's book is available from Amazon.

Comments

Marianne Ryan Thank you for such a nice write up about my book Dianne. And an even bigger thank
12/06/2015 6:28:14 AM you for all the support you gave me, especially during the "early" stages of writing it.
xx

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