

Dear Poppyseed, A Soulful Momma's Pregnancy Journal

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✓ Verified Book of Dear Poppyseed, A Soulful Momma's Pregnancy Journal

## Summary:

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What happens when you take a spiritually enlightened girl, add a rock 'n' roll boy and a pinch of magic in the form of Poppyseed? The answer is a soulfully honest, humorous and insightful glimpse at the authorsâ€™ journey to becoming a mummy. Alice Grist wrote her first two soul inspiring books and found herself asking, 'so I'm spiritual... what next?' That question is now answered. It seems, that what is next, is she is pregnant. Indeed she and her husband have nine months to embrace a transformation more powerful than any spiritual awakening she ever dreamed of! Whilst simultaneously straddling real life, coping with attacks of hormones and finding a path forward as parents after a decade of doing what they please! Alice reveals the tricks and trials of a soulful pregnancy, whilst also admitting to and fully illustrating the all too human moments that can befall any momma to be. Whilst bridging the very human and the super soulful Alice takes on her pregnancy with gusto, blazing an inspirational, hilarious and emotional trail.

"Simply the most divine pregnancy book you will ever read." Charlie Plunkett author of The True Diary of a Mum-to be and Babyâ€™s First Year

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