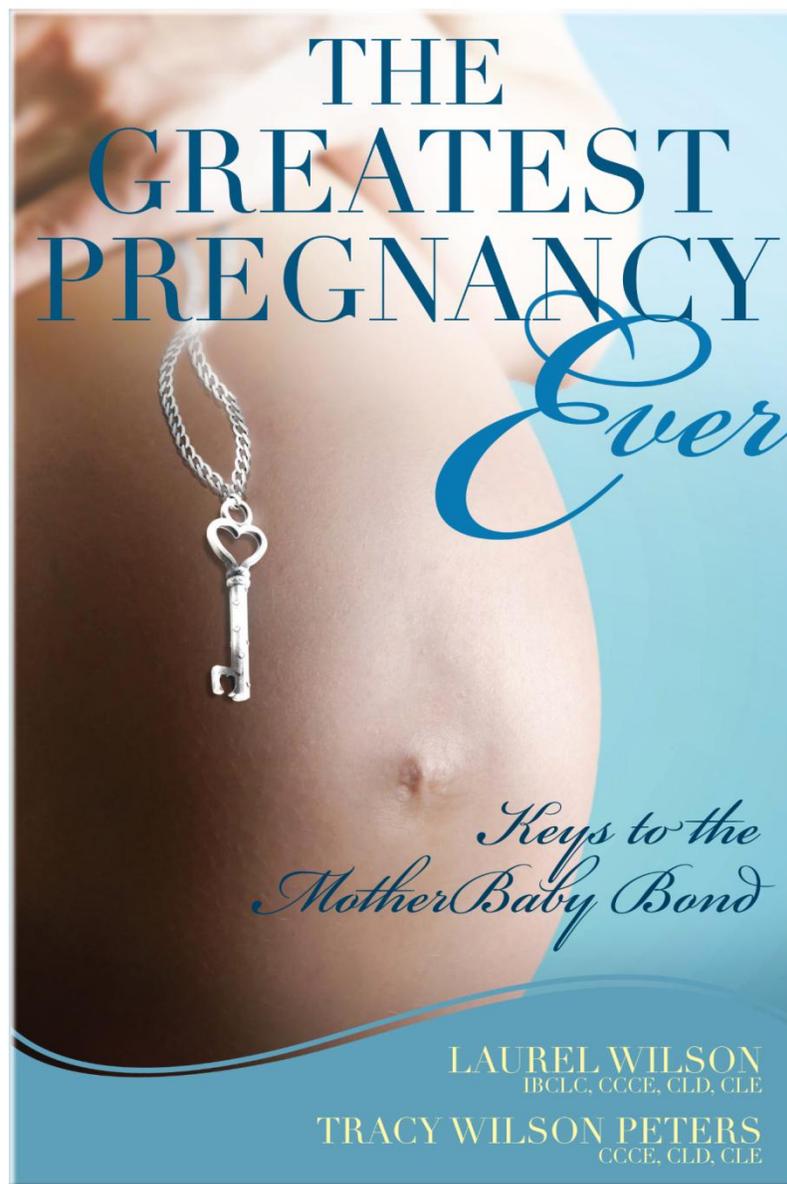


# THE GREATEST PREGNANCY *Ever*

ONCE IN A GREAT WHILE A BOOK COMES ALONG  
THAT IMPACTS THE LIVES OF FAMILIES FOREVER.  
*You will never view pregnancy or motherhood the same way again.*



Best Seller  
amazon

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# ABOUT THE AUTHORS



**Tracy Wilson Peters**, CLD, CLE, CCCE, CEO has been a lifelong advocate for families and babies. Married for over 18 years and mother to two amazing sons, Peters' experience raising her own children led her to a love for supporting expectant families. This passion encouraged her to found CAPP, Childbirth and Postpartum Professionals Association. Peters serves as both the CEO and as a faculty member for CAPP. CAPP is the largest childbirth organization in the world. For over a decade CAPP's mission has been to offer comprehensive, evidence-based education, certification, professional membership, and training to childbirth educators, lactation educators, labor doulas, antepartum doulas, and postpartum doulas worldwide. CAPP has offices in the United States, Canada, Israel, India and Ecuador, with plans to continue expanding world-wide. Peters, the mastermind behind CAPP (which also happens to be the largest pregnancy organization on Facebook, with over 13,000 fans and growing), is known for her exceptional marketing abilities. She was even highlighted in the book *Web Marketing for Dummies*.

Nationally known as a pregnancy expert, she has authored numerous journal and magazine articles, keeping both professionals and expectant families in tune to what is happening in the world of women's healthcare. Peters has appeared on many television networks, including FOX, CBS, NBC, and ABC and has been featured in *The Atlanta Journal*, *The Times (Gainesville)*, *The Gwinnett Daily Post*, *Fit Pregnancy Magazine*, *Atlanta Parent Magazine*, and *Essence Magazine*.

Peters' publications, videos, and educational materials are sold by top health education companies world-wide. Peters has been working with expectant women and families for more than 18 years, attending hundreds of births as a professional labor doula (professional childbirth assistant) in the process. She worked as the lead childbirth instructor for over seven years at Kaiser Permanente, the nation's largest HMO, and taught childbirth education classes to more than 3000 families.

**Laurel Wilson**, IBCLC, CLE, CCCE, CLD is Executive Director of Lactation Programs and Faculty for CAPP, Childbirth and Postpartum Professional Association. She served as the Program Coordinator for Swedish Medical Center and Presbyterian St. Luke's Medical Center in Colorado, which combined serve nearly 4000 expectant families a year. She owns *MotherJourney Childbirth Services*—training childbirth, lactation, and postpartum professionals, as well as expectant families on integrative and holistic information as it pertains to today's Millennial family. She has her degree in Maternal Child Health: Lactation Consulting and is an internationally board certified lactation consultant.

With over seventeen years experience working with women in the childbearing year, Wilson takes a creative approach to working with the pregnant family. Using journaling, birth art, visualization, experiential exercises, and the yogic tradition, Wilson helps women connect with their inner resources to discover their true beliefs about themselves, their relationships, and their abilities to birth and parent their children.

Laurel has received her training with Union Institute and University, Healthy Children, DONA, ALACE, CAPP, Birthworks, Whole Birth Yoga, and Prenatal Parenting. She strives to provide the latest techniques, research, and programs to her clients by attending yearly conferences and workshops in the birth and lactation field. Laurel loves to blend today's recent scientific findings with the mind/body/spirit wisdom she has gleaned throughout the years.

Laurel is certified as a lactation counselor, childbirth educator, labor doula, lactation educator, Prenatal Parenting™ Instructor, and pre-and postpartum fitness educator. Offering education and movement classes to families in private and hospital settings, Laurel has created teaching strategies that facilitate better understanding of the change processes during the childbearing year. Laurel has been joyfully married to her husband for 20 years and has two beautiful teenagers, whose difficult births led her on a path towards helping emerging families create positive experiences. She believes that the journey into motherhood is a life-changing rite of passage that should be deeply honored and celebrated.

What happens when science meets love, and, for the first time, the two are in perfect agreement? The result is *The Greatest Pregnancy Ever*. Written in a style that is full of warmth as well as straight-talk, this book introduces mothers to revolutionary scientific discoveries about the transformative power of their maternal love. Readers will be amazed to learn how a mother's love literally grows their child's brain and regulates his or her heart rhythms; in the womb, through labor, and even after birth. Readers are steered gently and capably through the potential reefs of anxiety, headaches, backaches, nausea, and other pregnancy-related discomforts, into a safe and pleasurable harbor of knowledge, which includes specific techniques and suggestions for developing a healthy pregnancy. Only a pair of experienced and loving mothers, who also happen to be childbirth professionals, can speak with the voice of wisdom mixed with genuine affection for parents and their babies. Wilson and Peters tell the story of the mother-baby connection with an insider's point-of-view. These authors talk the talk because they have walked the walk as mothers, researchers, educators, and birthing professionals. There is not a patronizing word to be found in these pages.

*Robin Grille, Psychologist, Psychotherapist and Author of 'Heart to Heart Parenting' and 'Parenting for a Peaceful World'*

Has anyone ever told you that you can get to know your baby and bond with her before she is even born? Do you know that your baby's personality is shaped by your emotions, stress levels, and environment during pregnancy? Are you looking for ways to address the physical challenges in pregnancy that don't require prescriptions? Are you aware that starting in pregnancy you can help your baby develop positive relationships with the important people in your life?

Finally, here is a book written by real pregnancy experts that provides keys to unlocking the secrets of having the greatest pregnancy ever! Extraordinary scientific findings shared in this book will forever change the way you view pregnancy and your growing baby.

The Greatest Pregnancy Ever offers advice for creating a peaceful, joyful, and positive beginning for your family. This book offers insights and tips for addressing fears and anxieties, managing stress, increasing comfort during pregnancy, and creating a way of life that will transform you, your baby, and ultimately the world you live in.

Authors and pregnancy experts Laurel Wilson and Tracy Wilson Peters know that parents do not need to read volumes of encyclopedic detail on pregnancy in order to learn what is important. Instead, *The Greatest Pregnancy Ever* offers real-life solutions to the emotional and physical issues pregnant women face.

This book is designed around four keys that can unlock the secrets to having the greatest pregnancy ever. The keys relate to specific time periods and concepts during pregnancy. When parents focus on incorporating these keys into their lifestyle, it positively influences the behavior and personality of their child. No longer should the information given to pregnant women focus primarily on the aches and pains of pregnancy; what is needed today is an understanding of how important the motherbaby bond is and how this bond forever impacts the family dynamic. *The Greatest Pregnancy Ever* is the only book that meets this need.

This book shares little known facts that can change the entire experience of pregnancy and parenting for families. For example:

- Chronic stress in pregnancy can lead to a baby who cries more, sleeps less, and is anxious.
- A mother's thoughts and feelings create chemical signals that literally form her baby's brain and develop into emotional intelligence.
- Only during pregnancy and the first few years of a child's life can parents truly influence who their child will become, both emotionally and physically.

All moms want to do whatever they can to positively impact the development of their child. They want to have the greatest pregnancy ever, and luckily it is possible with the information and practices in this book.

The keys relate to the concept of being able to B.O.N.D. This connection is imperative to the baby, the mother, and the partner for overall health and wellness. Many parents find with their busy, overscheduled, and stressful lives that seeking connection is just one more item on their to-do list. *The Greatest Pregnancy Ever* solves this dilemma by providing very simple tools, techniques, and tips for parents to use. They not only make connection possible, but ease stress and improve parents' daily lives and their relationships.

The book is organized into four parts:

- B.O.N.D. - Keys to Bonding
- B-Be-ing - Conception, The Beginning
  - O-Observing - The First Trimester
  - N-Nourishing - The Second Trimester
  - D-Deciding - The Third Trimester

There is no time more important than right now to introduce these concepts to expectant parents. With cesarean rates approaching 40 percent, preterm births steadily on the rise, and the increased stress levels of mothers, this information is vital to protecting future generations. The primary factors that increase the risk to pregnancy and the infant is chronic stress and disconnection between mother and baby. Babies are constantly tuned in to their mother throughout pregnancy and early childhood. Their mother's thoughts, feelings, and actions lay the groundwork for how the baby perceives the world by molding the child's brain, organ systems, and emotional development.

Start today by embracing motherhood in an entirely new way—start by having the greatest pregnancy ever!

[THEGREATESTPREGNANCYEVER.COM](http://THEGREATESTPREGNANCYEVER.COM)

# WHAT PEOPLE ARE SAYING

"What today's families need is the opportunity to connect within, which results in deeper intimacy."

This quote from Wilson and Peters about their new book, *The Greatest Pregnancy Ever: The Keys to the Mother-Baby Bond* sums up what family therapy researchers have known for decades: Family processes that promote connection over disconnection are key to healthy growth and development of children and parents alike, throughout the family life cycle. The portal to accessing the inner knowledge present in every pregnant woman is focusing through the heart-to-heart connection with her baby. This book helps to bring a live awareness, as a woman works with nature to bring forth life. *The Greatest Pregnancy Ever* presents a strong foundation for motherhood.

*Dr. Gayle Peterson, LCSW, PhD, Director of Training, Prenatal Counseling and Birth Hypnosis, Author (An Easier Childbirth, Birthing Normally and Making Healthy Families) [www.makinghealthyfamilies.com](http://www.makinghealthyfamilies.com)*

Tracy was a great resource during our research on childbirth in Georgia. Her network is impressive and was invaluable to our project. An incredible advocate, Tracy has great insight on the issues pregnant moms face today in this country.

*Shana Druckerman, ABC Producer*

Highly articulate, passionate and inspiring, Tracy Wilson Peters is a visionary who will make you see birth in a different way.

*Toni Harman, Co-Creator, One World Birth*

*The Greatest Pregnancy Ever* holds a promise in its title for mothers and babies and Tracy Wilson Peters and Laurel Wilson deliver on this promise beautifully and thoroughly in their new book. This integrative and insightful work, connecting years of personal and professional experience to the emerging field and understanding of pre- and perinatal consciousness, goes far to help establish the foundation for a lifetime of wellness for mother and baby from the beginning. Their BOND acronym is especially fun and potent as it introduces new mothers to the practical concepts and tools of mindful motherhood. This work joins a new genre in pregnancy books that is sure to become a standard for 21st century mothers.

*Lisa Reagan, Executive Editor - Kindred Community*

I wholeheartedly believe childbirth educators, nurses, midwives and doulas will benefit by sharing the knowledge in *The Greatest Pregnancy Ever: Keys to the MotherBaby Bond* with all of their patients and clients.

*Paulina (Polly) Perez, RN, BSN, FACCE, LCCE, CD, Author of Special Women, The Nurturing Touch at Birth, & Doula Programs*

I interviewed Laurel Wilson for our educational DVD *Pain Management for Childbirth*. I could tell right away that she was a professional when it came to her media skills. She answered every question concisely and with ease. Her warm and friendly demeanor made her the right choice for this on-camera interview.

*Sara Aderhold, Writer/Producer with InJoy Birth and Parenting*

Tracy Wilson Peters is the foremost expert on pregnancy and childbirth in the USA. She is a compassionate and intelligent woman with a no-nonsense approach to maternity and motherhood. She is inspiring, informative and the unrivaled 'go-to' expert on this universal, yet often misunderstood topic. It was a pleasure and privilege to interview and feature Tracy on *Adventure Woman*.

*Beth Walz, Founder of Adventure Woman, LLC*

*The Greatest Pregnancy Ever* focuses on an often overlooked key aspect of pregnancy: The emotional connection between a mother and her unborn child. Wilson and Wilson Peters explore this in the way only childbirth professionals with hundreds of births under their belts could—with the assurance that a mother's intuition means more than we are led to believe in popular culture, and with an attention to conscious awareness—both of your body and of your growing baby—as an essential part to a healthy and whole pregnancy experience. All expecting mothers should read this to help open their minds to the possibility that their prenatal period can be more amazing than they ever even imagined.

*Rachel Reiff Ellis, Associate Editor of Pregnancy & Newborn*

## INTERVIEW TOPICS

The Impact of Stress in Pregnancy

Looking at Your Relationships in Pregnancy

Fostering Consciousness During Pregnancy

Why Childbirth Classes are Falling

Having a Positive Attitude in Pregnancy

Epigenetics - Become a Baby Architect

Creating Your Circle of Support During Pregnancy

Productive Communication with Your Healthcare Team During Pregnancy

Home Birth or Hospital Birth- What's Right For You

Conscious Agreement – Your Ultimate Decision Making Tool

The Science of Meditation During Pregnancy

Peace on Earth Begins Before Birth

The Genius of Your Heart During Pregnancy

Throw Out Your Birth Plan

Myths of Prenatal Nutrition

Treatment for Pregnancy Discomforts Without a Prescription

IQ vs. EQ, What's More Important for Your Baby?

What Expectant Fathers Really Think (or Don't Think) About

Habits

Baby Shower-No Way, Have a Blessing Way

Babymoon



# MEDIA & CONTACT INFORMATION



Tracy and Laurel are available:

- For book signings and promos
- As conference and seminar speakers
- To hold workshops on the concepts
- To do radio/tv/podcast interviews
- To be interviewed for print media
- To write articles for magazines
- As guest bloggers



To contact Tracy Wilson Peters and Laurel Wilson please email [media@thegreatestpregnancyever.com](mailto:media@thegreatestpregnancyever.com) or call 720-515-BABY



Laurel Wilson, IBCLC, CCCE, CLC, CLD, CLE

Curriculum Vitae

Centennial, Colorado 80121 | 720-291-9115 | [linfinitee@aol.com](mailto:linfinitee@aol.com)

## Professional Education

2006-2009

Graduate of Union University and Inst., Bachelor of Science in Maternal and Child Health-Lactation Consulting Program, Graduated with Honors

## Certifications

**IBCLC**

Board Certified as IBCLC 2009

**Healthy Children**

Certified Lactation Counselor, 2007

**Desert SW Fitness**

Certified Pre and Postnatal Fitness Educator in 2001

**CAPPA**

Certified Lactation Educator, Childbirth Educator, and Labor Doula since 2003

**Prenatal Parenting**

Certified Prenatal Parenting Instructor 2003

**Whole Birth Yoga**

Prenatal Yoga Teachers Training 2003

**Birthworks**

Certified Childbirth Educator since 2000

## Experience

October 2010-Present

### **InJoy Birth and Parenting Customer Advocate**

Produce online webinars and podcasts for continuing education. Educate customers about InJoy solutions and how to use them effectively. Help InJoy staff create new solutions to meet current & emerging needs. Provide relevant updates and ongoing training to InJoy staff on concepts and trends in childbirth.

[www.injoyvideos.com](http://www.injoyvideos.com)

June 2004-Present

### **Parent Educator/Yoga Instructor at Health One Hospitals and St. Joseph Hospital (Both contract and employee)**

Provide childbirth, breastfeeding and prenatal yoga classes in a variety of formats. Update and write curriculums as requested.

August 1998-Present

### **Owner of MotherJourney Childbirth Services**

Provide holistic childbirth, breastfeeding, nutrition and prenatal yoga classes and doula services for women in the childbearing year. Doula services include labor support, prenatal education, breastfeeding support and education and birth story. Offer natural products for families and educational tools for childbirth and lactation professionals. [www.motherjourney.com](http://www.motherjourney.com)

2003-Present

### **Director and Faculty of CAPPA Lactation Educators Certification Programs**

Manage and facilitate national 20 Hour Lactation Educator Course. In 2011 alone offered 12 courses around the United States to hospitals, public health departments and professional communities. Duties include writing and updating training products, writing quarterly articles for newsletter, answering all email about program, and overseeing regional and state trainers. As faculty, organize and facilitate childbirth educator and lactation educator certification trainings across the nation. Childbirth and Postpartum Professional Association. [www.CAPPA.net](http://www.CAPPA.net)

Sept 2007-Feb 2011

### **Education Coordinator for TeachSource, Inc. at Swedish Medical Center and P/SL Medical Center (Contract)**

Organize and manage the educational offerings for parents at hospital facility; Including keeping information current, organizing schedules and creating curriculum.

## Professional Speaking Engagements

Exempla Educators, October 2011 "Stress and Pregnancy, The Impact on the MotherBaby Bond"

AWHONN Armed Forces Conference, July 2011 "Solving Nipple Trauma: What the Research Says"

InJoy Podcast Baby Led Breastfeeding, July 2011

CAPPA Conference, July 2011 "The Science of the MotherBaby Connection"

InJoy Webinar, March 2011 "Childbirth Education: Using Technology to Reach Today's Parents"

CAPPA 2010 Lecture Series "Are You Really Listening, 3 Part Comm. for Childbirth Educators"

CAPPA 2009 Lecture Series "Today's Breastfeeding Technology"

CAPPA 2009 Conference "What the Evidence Says about Breastfeeding"

CAPPA 2008 Conference "Breastfeeding Myths and Realities"

Exempla St. Joseph 2007 "Answering Common Breastfeeding Questions"

CAPPA 2007 Conference "Compassionate Cesarean Education"

Front Range Council 2007 Conference "Compassionate Cesarean Education"

CPAC 2007 "Breastfeeding Teaching Tools"

Boulder Community Hospital 2006 "Essential Oils for Labor and Birth"

CPAC 2006 "Ecstatic Birth, The Role of Hormonal Influence"

Colorado Doula Association Conference 2004 "The Business of Being a Doula"

## Recent Professional Development

July 13-17, 2011	ILCA Professional Conference
June 23-26, 2011	CAPPA Professional Conference
March 27-29, 2011	California WIC Conference
March 10-13, 2011	CIMS Annual Conference
July 22-25, 2010	CAPPA Professional Conference
Jan 14, 2010	The Code, Companies and LC's
October 26-27, 2009	The Business Case for Breastfeeding
July 7, 2009	Hug Your Baby
June 11-14 2009	CAPPA Professional Conference
March 12,13, 2009	Maternal and Infant Assessment of Breastfeeding, Healthy Children
December 5, 2008	Infant Adoption Training Initiative
October 17, 2008	What Do Parents Really Need to Know About Postpartum
October 16, 2008	Care of the Multiple Birth Family: Postpartum Through Infancy
September 12, 2008	Human Milk in the NICU
July 2008	CAPPA Professional Conference
June 13, 2008	Hospital Practices that Support Breastfeeding
June 13, 2008	Supporting Women Through Postpartum Depression
April 23, 2008	When Ethics and Evidence Collide

## Tracy Wilson Peters

### Curriculum Vitae

Buford, GA 30519 | 770-932-7281 | [Tracy@cappa.net](mailto:Tracy@cappa.net) | [www.TracyWilsonPeters.com](http://www.TracyWilsonPeters.com)

## Profile

With more than 18 years working in the maternal child health field my experience and reputation as an expert in pregnancy and childbirth education is widely recognized.

## Experience

### 1998- Present

#### **Founder and CEO, Childbirth and Postpartum Professional Association (CAPPa)**

As founder and CEO of CAPPa, the world's largest childbirth education organization, I provide leadership to all CAPPa members. I lead and manage a team of over 60 individuals, which includes CAPPa Executive Directors, faculty members, administrative staff, and International Executive Directors for Canada, India, Israel, the Caribbean, and Ecuador. I manage our social networking strategies, oversee our social networking site iCAPPa, and supervise the perinatal field's only free international yearly conference. I produce and author continuing education books, manuals DVD's, podcasts and webinars for perinatal professionals through CAPPa.

### 1998-Present

#### **Faculty and Speaker**

I train doulas and childbirth educators for certification. Additionally I speak at international conferences and provide continuing education seminars and workshops to professionals in the perinatal field.

### 2007- 2008

#### **LG medical**

National Director of Maternal Child Health Products.  
Provided promotion and marketing nationwide specifically for LG products that were developed for nursing mothers and postpartum mothers. (Letter of recommendation available)

### 2000- 2007

#### **Kaiser Permanente**

Acted as lead childbirth educator, breastfeeding educator, newborn care educator and CPR instructor. At Kaiser I provided health education for approximately 3000 new and expectant families. I also provided training to new faculty and developed the educational curriculum used by all educators in the maternal childbirth health department. (Letter of recommendation available)

### 1996-1998

#### **Cordblood Registry**

Spokesperson and Educator responsible for patient education and enrollment, hospital health care provider education and media spokesperson. (Letter of recommendation available)

### 1995- 1997

#### **Doulas of North America- DONA International**

Georgia State representative. First point of contact for members in Georgia, media and health care professionals.

Web site manager, created, updated and maintained DONA's homepage  
(Letter of recommendation and awards available)

## Relevant Education

<b>1995</b>	International Childbirth Education Association- Certified Childbirth Educator CCCE
<b>1995</b>	Doulas of North America (DONA) – Certified Doula
<b>1996</b>	Doulas of North America (DONA) – Certified Doula Trainer
<b>1996</b>	American Heart Association - Certified CPR Instructor
<b>1996</b>	American Heart Association - Certified Health Care Provider Instructor
<b>1997</b>	Lamaze- Certified Breastfeeding Specialist
<b>1998</b>	CAPPA Certified Childbirth Educator, Lactation Educator and Labor Doula
<b>1999</b>	Georgia Perimeter College Spanish
<b>2001</b>	Skill Path- Conflict Management Skills for Women

## Recent Professional Development

I have attended hundreds of pregnancy, birth, postpartum, breastfeeding and newborn care educational conferences that did award CEUs. They are too numerous to list. Please inquire if you require that information.