

Positive mental health during pregnancy through the book “Knock Knock Let’s Talk”

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Pregnancy is an array of emotions. There are emotions like happiness, anxiety, worry, sadness, a sinking feeling, excitement to name a few. Since these emotions have a major impact on the health of the expecting mother as well as the baby in the womb, the right set of emotions must be trapped. The mental health of the expecting mother is of the utmost importance these days owing to various lifestyle stresses and anxieties surrounding pregnancy. The awareness of changes happening in the body and your mental state should be taken care of. The book “Knock Knock Let’s Talk” is a book which is your companion throughout the 9 months of pregnancy. It starts with week 5 and is written till week 40 wherein tit bits of positive affirmations are written for the expecting mother and virtues are penned down for every week which the mother can read aloud to the baby in the womb.

In these womb conversations the mental health of the mother is taken care of by positive affirmations and a bond is created between the expecting mother and the baby. The virtues talked are the ones which can be followed by each one of us in our day to day lives.

The beauty of the book is when you as a mother are sharing these virtues with your unborn, these virtues become a part of your life as well spreading positivity and happiness.

Biography

Ankita Marjadi is the Co-Founder of Arogyada Homoeopathy Clinic Author of the book Knock Knock Let’s Talk Homoeopathic Physician and Psychotherapist. A doctor, psychotherapist, author, entrepreneur, blogger, social activist, pursuing M.D (Hom.), Reiki Healer, Medical Coder, Clinical Data Analyst. She is a popular name amongst bloggers wherein she blogs about health, relationships, life and its mysteries, happiness. She has been the pioneer of Need to Talk Initiative, Starting a Smile Mile will you Join Me in India where she promotes good health through Homoeopathy, lifestyle management for chronic lifestyle related diseases. She has also been an active Rotary member wherein she has worked on the projects of Red Revolution, preaching good touch bad touch to children and groom them mentally for such adversities, menstrual hygiene for under privileged girls. Her most prized achievement is authoring the book “Knock Knock Let’s Talk” which is on the positive mental health during pregnancy.

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