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Sophie fletcher (author of mindful hypnobirthing)

About Sophie Fletcher: I'm a clinical hypnotherapist, doula and lecture who also does a bit of writing when I can. I work from fertility through to post

Hypnobirthing: what is it all about? by sophie

Sophie Fletcher is the author of Mindful Hypnobirthing a clinical hypnotherapist and doula. She lectures at Universities across the UK on hypnosis and mi |Birth

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