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Queen Jin's Handbook of Pregnancy by Fred Seligson

[Queen Jin's Handbook of Pregnancy](#) Written by [Fred Seligson](#) Trade Paperback, 120 pages | North Atlantic Books | Health & Fitness - Pregnancy & Childbirth | **\$14.95** | 978-1-55643-405-1 (1-55643-405-7)

This practical manual draws on the teachings of Queen Tae Jin in 12th-century B.C. China. Women in China, Vietnam, Japan, and Korea still follow these rules of pregnancy to benefit the physical health, emotional stability, and spiritual nature of their children while in the womb. This handbook brings together the author's own experiences as a parent in Korea as well as over 20 years of reflection on the various ways of bearing healthy children in Asian societies. The book is divided into three main sections: Preparing Your Seed, Cultivating Your Flower, and Harvesting Your Fruit. Topics covered include exercise and diet, midwifery, after-birth care, and the cultivation of mind and heart through submerging oneself in motherhood, poetry, and the classics. The Association for Pre- and Perinatal Psychology and Health has said that Queen Jin's Handbook of Pregnancy could do a lot to spiritualize the American way of birth.

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