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Dear Poppyseed, I found out I was pregnant with you on the day of a full moon. Before I realized you were with

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me, I had done my usual ritual of taking a guidance card for the day. It said upon it 'Full Moon - Completion', the card spoke in fancy terms of gestation, something brewing, coming to fruition. I didn't know it was you.

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Dear Poppyseed is SUCH a beautiful book! Its one to keep and one you will want to share with your closest girlfriends who are pregnant too. I really think there is no mum that wouldn't get anything from this book as its written so well, and just SO honestly.

## **Dear Poppyseed: A Soulful**



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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 authors journey to becoming a mummy.

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Dear Poppyseed, A Soulful Momma's Pregnancy Journal. 143 likes. The 3rd book from award winning author Alice Grist due out July 2013.

## **Dear Poppyseed, A Soulful Momma's Pregnancy Journal - Home ...**

I was sent a copy of Dear Poppyseed, a soulful Momma's pregnancy journal, to

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read, and over the last week, sat on my birthing ball I have read the book while waiting for my bundle of joy to arrive.. (I am still waiting!). Dear Poppyseed is written by Alice Grist, star of the “She’s having a baby” docuseries on Sky Living.

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Dear Poppyseed, A Soulful Momma's

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Pregnancy Journal Dear Poppysseed is the true, real life diary of Alice's pregnancy (as followed on Sky Living's new docuseries 'She's Having A Baby' 8th July 2014) What happens when you take a spiritually enlightened girl, add a rock 'n' roll boy and a pinch of magic in the form of Poppysseed?

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Momma's Pregnancy Journal Format:  
Paperback Product dimensions: 244  
pages, 8.33 X 5.48 X 0.55 in Shipping  
dimensions: 244 pages, 8.33 X 5.48 X  
0.55 in Published: August 7, 2013  
Publisher: Soul Rocks Books Language:  
English

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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

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pregnancy with gusto, blazing an  
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