



Wilson Wisdom

inspiration. connection. consciousness.



Tracy Wilson Peters & Laurel Wilson
*Best Selling Authors, Speakers, International
Wellness, Health and Pregnancy Experts*

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The Authors



Tracy Wilson Peters

Tracy's Expertise

Pregnancy
Childbirth
Parenting
Marketing
Business
Social Media
Epigenetics

[Author's Page](#)

Laurel Wilson

Laurel's Expertise

Pregnancy
Childbirth
Lactation
Family Nutrition
Prenatal Yoga
Meditation
Stress Reduction
Epigenetics

[Author's Page](#)

Tracy Wilson Peters



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 15,000 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



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.

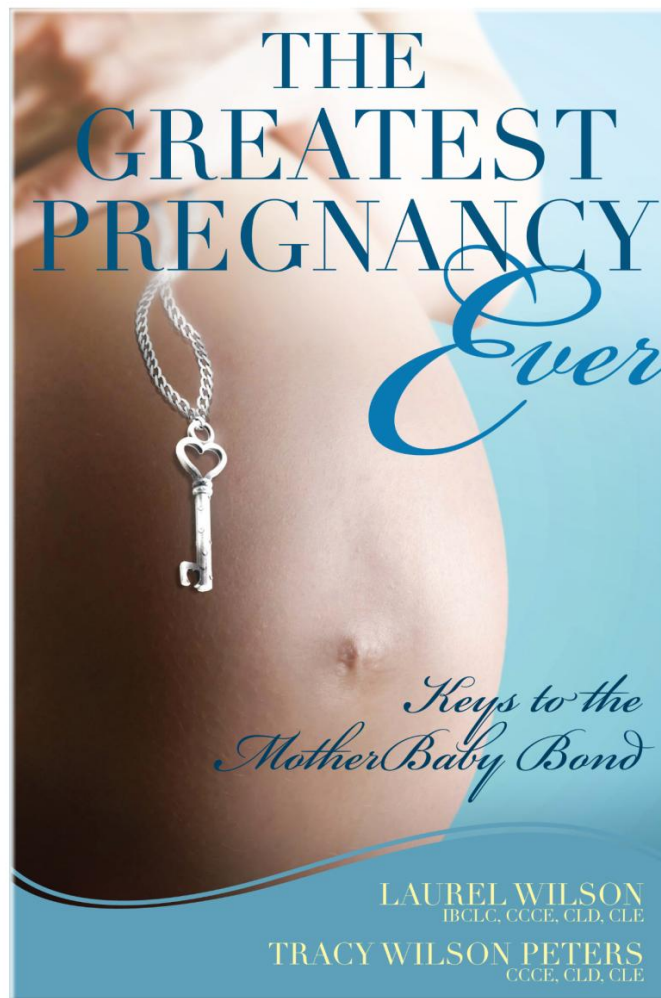
Laurel has received her training with Union Institute and University, Healthy Children, DONA, ALACE, CAPP, Birthworks, Whole Birth Yoga, and Prenatal Parenting. She strives to provide the latest techniques, research, and programs to her clients by attending yearly conferences and workshops in the birth 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.

The Book

THE GREATEST PREGNANCY *Ever*

ONCE IN A GREAT WHILE A BOOK COMES ALONG
THAT IMPACTS THE LIVES OF FAMILIES FOREVER.



Best Seller
amazon

You will never view pregnancy or motherhood the same way again.

Endorsements

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'

"The Greatest Pregnancy Ever is a treasure. It should be the very first thing a pregnant woman reads – in fact, every woman who intends to have a baby will be thrilled with the empowering message here."

Dr. Christiane Northrup, M.D. Ob/Gyn Physician & New York Times Best-Selling Author

The Greatest Pregnancy Ever is an essential read for all expectant parents who desire to learn how the choices they make during pregnancy affect their developing child as well as their own socio-emotional wellbeing. The months a baby spends in the womb are arguably the most critical period of human development. It is during these important months that the brain begins creating and organizing connections that become the foundation of later learning, socio-behavioral development, and emotional adjustment. Wilson and Peters synthesize complex neuro-science research with the humanistic elements of pregnancy into this approachable book.

Urban Child Institute

Customer Reviews

"This is the book every mother should read. Reading *The Greatest Pregnancy Ever* during my pregnancy has been such a great experience. I truly feel more bonded with my baby, and feel that I am more in tune with myself and body. Learning about conscious agreement and checking in with myself has not only helped me make important decisions about my birth plan, but also decisions about every day things, without wondering if I'm doing the right thing. This book has SUCH valuable information for pregnant women... learning to bond early on with your baby, and understanding that your feelings and relationships are literally shaping your baby's personality...it's so crucial that this message be heard. I recommend this book 200%!!"

"If you only read one book about pregnancy and birth, this is THE ONE. As a mom, grandmother and birth professional, and after attending over 50 births, I was surprised at how much I learned from this beautifully written book. It contains common sense information presented in a loving and informative format. More than just a book about pregnancy, it explains the most intimate relationship any of us will ever have; the mother/baby bond. Pregnancy is a physiological, emotional and spiritual experience. This book highlights the spiritual, human connection that we all share and offers guidance and support in honoring the mother, her process and her family."

About the Book

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.

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.

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!

Quotes

"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

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*

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*

Tracy & Laurel Are Available:

To offer keynote addresses 45-75 minutes long

For book signings and promos

As guest bloggers

To be interviewed for print media

To offer Half and Full Day Workshops on all topics

As conference and seminar speakers

To do radio / tv / podcast interviews

To write articles for magazines

Interview Topics

The Impact of Stress in Pregnancy

Fostering Consciousness During Pregnancy

Having a Positive Attitude in Pregnancy

Creating Your Circle of Support During Pregnancy

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

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

The Genius of Your Heart During Pregnancy

Myths of Prenatal Nutrition

Treatment for Pregnancy Discomforts Without a Prescription

Conscious Agreement – Your Ultimate Decision Making Tool

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

Productive Communication with Your Healthcare Team During Pregnancy

Looking at Your Relationships in Pregnancy

Why Childbirth Classes are Failing

Epigenetics - Become a Baby Architect

Peace on Earth Begins Before Birth

The Science of Meditation During Pregnancy

Throw Out Your Birth Plan

Baby Shower-No Way, Have a Blessing Way

Babymoon

Audiences Include

Women's Organizations

Parent Organizations

Expectant Families

Perinatal Professionals

Medical / Healthcare Workers

Family and Counseling Professionals

High School and College Students

Media Info



LOOK & LISTEN
COMPLETE MEDIA LINKS AVAILABLE HERE



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Call 720-515-BABY

CV's available upon request.