

“Dear Elizabeth: **Wonderful book!** I discovered the Pilates mat work when I was pregnant with my first daughter (who is now 25!). I did the exercises with joy and had a normal birth. I'm so happy to see that you've made this powerful mind-body system available for all pregnant women. Pilates is still the mainstay of my exercise program.” **Christiane Northrup, MD**, #1 New York Times' best-selling author.

“As a physician, I am impressed by the methodical approach and in-depth knowledge base reflected in *Exercise for Pregnancy and Beyond*. As a husband, I can attest to its efficacy during each of my wife's pregnancies and postpartum periods.” - **A. W. Emch, MD**

“Elizabeth's book not only prepared my physically for labor and delivery, but gave me confidence to have a natural childbirth. I even used some of her exercises to help alleviate the pain of back labor. After having my baby, I especially found the exercise log sheets helpful in tracking my postpartum exercises that she suggests. I feel so fortunate to have tapped Elizabeth's incredible wealth of knowledge on what my pre- and post- pregnancy body is able to achieve.” - **A. Cumming**, client

“Elizabeth Jones-Boswell is an amazing testament to the physical and spiritual power of Pilates throughout one's life. Her book both celebrates and addresses the facts and function of the body's changes during pregnancy and provides gentle guidance with precise exercises to support a healthy pregnancy and alleviate common physical complaints during pregnancy. As a practicing obstetrician, I have found *Exercise for Pregnancy and Beyond* to be a thoughtful, unique approach utilizing time tested techniques. This book is an invaluable resource for health practitioners and all women who are pregnant, postpartum, or considering pregnancy.” - **Robin Messinger, MD**

“Elizabeth's work incorporates important concepts of core stability and pelvic stabilization that are much needed in the exercise community. Physical therapists working with low back pain, pelvic pain, and urinary incontinence are emphasizing the integration of the transversus abdominus musculature with the pelvic floor muscles, spinal extensors and correct breathing; these are featured in Elizabeth's Pilates-based approach. Her attention to detail and safety is commendable.” - **Valerie Bastian Wang, PT**, Women's Health Physical Therapist and Pelvic Floor Rehabilitation Specialist.