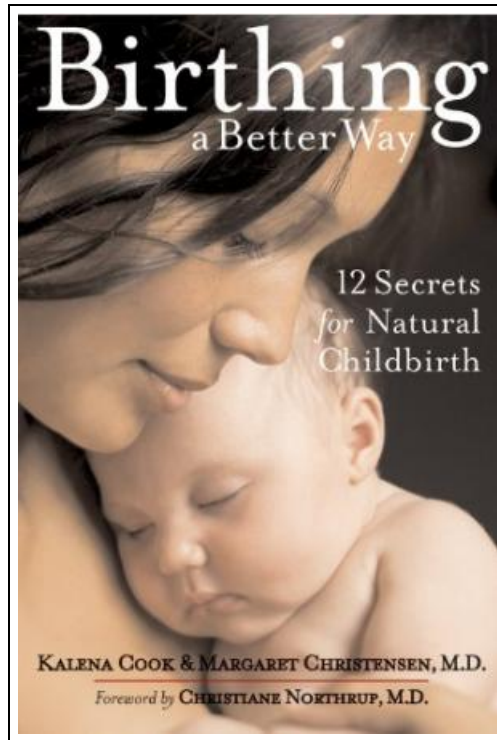


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University of North Texas Press,U.S., United States, 2010. Hardback. Condition: New. Language: English . Brand New Book. Birthing a Better Way: 12 Secrets for Natural Childbirth presents a fresh, proactive, and positive approach to why you may want to consider the safest and most satisfying kind of birth-natural childbirth-especially in these times of overused medical interventions. Kalena Cook, a mother who experienced natural childbirth, and Margaret Christensen, M.D., a board certified obstetrician-gynaecologist, have written this much-needed book for expectant mothers and their caregivers, imparting proven safe or evidence-based information with compelling narratives. Think of What to Expect in Natural Childbirth meets Chicken Soup for the Natural Birthing Soul! Unlike other books that overwhelm with data, Birthing a Better Way simplifies the best key points. Going beyond actual birth accounts, the authors reveal 12 Secrets which bring confidence in the normal process of birth and inspire you to believe in what your body is beautifully designed to do-a far cry from what is portrayed in the media or from some fear-based conventional medical practices. More than fifty powerful testimonials include healthy mainstream women who answer why they chose natural birth, what it was like, and even how it compared to a medicated birth. Six physicians share why they birthed their own children naturally, and not in the hospital. Through Birthing a Better Way, choose whether you want a doctor or a midwife and decide where to birth: in a hospital, birth centre, or at home. Get informed about the variety of births such as waterbirths, breech birth, twins, VBACs (vaginal birth after caesarean), and using hypnosis. Find out about ways to avoid Pitocin, an induction, or an unnecessary C-section. Discover what is in an epidural and its effects. Know what safe comfort measures truly work and how to overcome fear. Learn...



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