



Birthing a Better Way: 12 Secrets for Natural Childbirth (Mayborn Literary Nonfiction Series)

Kalena Cook, Margaret Christensen

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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-gynecologist, 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 (instead of Pitocin, inductions, epidurals and C-sections), 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 center, or at home. Get informed about the variety of births such as waterbirths, breech birth, twins, VBACs (vaginal birth after cesarean), 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 what you need to know about ultrasound and nutrition. Approach natural childbirth with a mind-body-spirit stance to strengthen your commitment.

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This Birthing a Better Way: 12 Secrets for Natural Childbirth (Mayborn Literary Nonfiction Series) is great publication for you because the content which is full of information for you who also always deal with world and also have to make decision every minute. This kind of book reveal it info accurately using great manage word or we can say no rambling sentences in it. So if you are read the idea hurriedly you can have whole details in it. Doesn't mean it only will give you straight forward sentences but tough core information with splendid delivering sentences. Having Birthing a Better Way: 12 Secrets for Natural Childbirth (Mayborn Literary Nonfiction Series) in your hand like having the world in your arm, facts in it is not ridiculous just one. We can say that no book that offer you world throughout ten or fifteen second right but this guide already do that. So , this can be good reading book. Hello Mr. and Mrs. busy do you still doubt in which?

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The book untitled Birthing a Better Way: 12 Secrets for Natural Childbirth (Mayborn Literary Nonfiction Series) contain a lot of information on it. The writer explains the woman idea with easy way. The language is very simple to implement all the people, so do definitely not worry, you can easy to read this. The book was

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