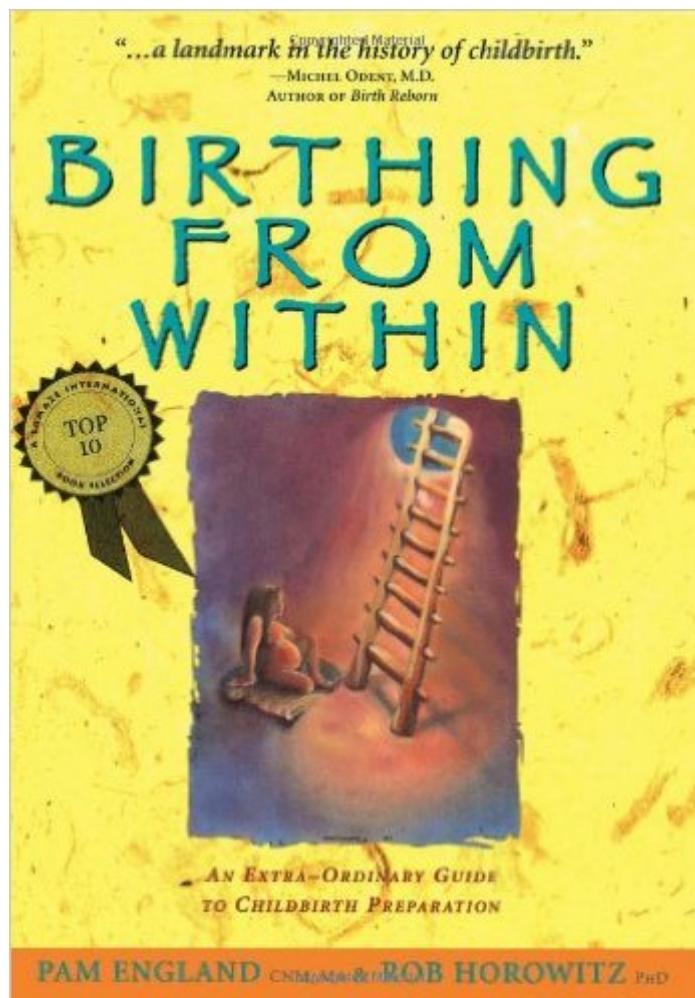


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# Birthing From Within: An Extra-Ordinary Guide To Childbirth Preparation



## Synopsis

Here is a holistic approach to childbirth that examines this profound rite-of-passage not as a medical event but as an act of self-discovery. Exercises and activities such as journal writing, meditation, and painting will help mothers analyze their thoughts and face their fears during pregnancy. For use during birth, the book offers proven techniques for coping with labor pain without drugs, a discussion of the doctor or midwife's role, and a look at the father's responsibilities. Childbirth education should also include what to expect after the baby is born. Here are baby basics, such as how to bathe a newborn, how to get the little one to sleep, and tips for getting nursing off to a good start. Pregnancy, birth, and postpartum is a process of continuous learning and adjustment; *Birthing From Within* provides the necessary support and education to make each phase of birthing a rewarding experience.

## Book Information

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## Customer Reviews

This book is certainly biased towards natural birthing, but it is also empowering in the general sense of allowing women to listen to their own gut/voice/inkling/whatever comes from inside. So, if you are considering natural birth (or just want to know more in case), read on. This book is like a guide, but most of it seems totally foreign (even after reading) if you are in your first pregnancy. How can you REALLY know what its going to feel like to give birth, and try to "read up" on it? You don't. No matter how many books you read, you simply don't know until you go through it. Having said that, you (and your partner) can learn tools, tactics, and ideas on how to achieve a natural birth by reading this

book. One misconception that I had was that I would 'remember' all of my feelings, but when you are knee-deep in labor there isn't much time to remember. Your partner, however, can help guide you, and if he or she reads this book too, they will have ideas. When I walked into the hospital I clenched up; I was afraid, and the fear overwhelmed me. It IS painful to give birth, and it IS hard to maintain your own sense of dignity/integrity in a mainstream hospital. In the United States many hospitals follow formula birth = IV, monitor, epidural, controlled pushing, baby. Mention you don't want the IV, and suddenly you are in conflict with the person who is there to take care of you - the nurse. (My husband brought StarBucks Gift cards and they certainly sweetened up our nurses). Ultimately what I took from this book is not how I could have a natural childbirth, how I could control what happens in a hospital birth, how I could cope with pain, but rather it was how I could embrace the experience, whatever it may be.

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