

Birthing From Within An Extra Ordinary To Childbirth Preparation

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Discover an extraordinary approach to childbirth preparation with Birthing From Within. This program guides expectant parents through a unique journey, empowering them for a conscious and transformative birthing experience. Prepare for motherhood with confidence and inner strength, embracing the wisdom from within.

These articles serve as a quick reference for both beginners and advanced learners.

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Birthing from Within

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.

Beyond Political Correctness

The reason that the right dominates debates on crime, family values, and economic freedom while the left defends diversionary policies such as affirmative actions and equivocates on ecology and the political empowerment of the young, argues Cummings (political science, U. of Colorado) is that too many progressives have avoided politically sensitive issues, thus condemning themselves to intellectual atrophy and political ineffectiveness. c. Book News Inc.

Mindful Birthing

With Mindful Birthing, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. SOME OF THE BENEFITS OF MINDFUL BIRTHING: Increases confidence and decreases fear of

childbirth Taps into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing

Birth as an American Rite of Passage

Why do so many American women allow themselves to become enmeshed in the standardized routines of technocratic childbirth--routines that can be insensitive, unnecessary, and even unhealthy? Anthropologist Robbie Davis-Floyd first addressed these questions in the 1992 edition. Her new preface to this 2003 edition of a book that has been read, applauded, and loved by women all over the world, makes it clear that the issues surrounding childbirth remain as controversial as ever.

Birth Without Fear

An inclusive, non-judgmental, and empowering guide to pregnancy, childbirth, and postpartum life that puts mothers first, offering straightforward guidance on all the options and issues that matter most to them (and their partners) when preparing for a baby. In *Birth Without Fear*, January Harshe--founder of the global online community Birth Without Fear--delivers an honest, positive, and passionate message of empowerment surrounding everything that involves having a baby. It's a guide that fills in the considerable cracks in the information available to women and families when they're preparing to welcome a child--covering care provider choices, medical freedom, birth options, breastfeeding, intimacy, postpartum depression, and much more. *Birth Without Fear* shows moms, dads, partners, and families how to choose the best provider for them, how to trust in themselves and the birth process, and how to seek the necessary help after the baby has arrived. In addition, it will educate them about their rights--and how to use their voice to exercise them--as well as how to cope with the messy postpartum feelings many people aren't willing to talk about. Unlike other pregnancy books, *Birth Without Fear* will also help partners understand what mothers are going through, as well as discuss the challenges that they, too, will face--and how they can navigate them. Shattering long-held myths and beliefs surrounding pregnancy, birth, and the postpartum experience, *Birth Without Fear* is an accessible, reassuring, and ultimately inspiring guide to taking charge of pregnancy, childbirth, and beyond.

The Thinking Woman's Guide to a Better Birth

As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birth—it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. *The Thinking Woman's Guide to a Better Birth* helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers: Cesareans Breech babies Inducing labor Electronic Fetal Monitoring Rupturing Membranes Coping with slow labor Pain medication Epistiotomy Vaginal birth after a Cesarean Doula's Deciding on a doctor or midwife Choosing where to have your baby and much more . . .

Mind Over Labor

In his breakthrough book, Jones introduces a new, highly effective method of childbirth preparation using mental imagery. He shows expectant parents how to prevent the pain and fear associated with childbirth.

Labyrinth of Birth

Designed to transform the experience of childbirth, this manual calls upon the use of the timeless and powerful symbol of the labyrinth in 12 simple meditations and ceremonies. Ideal as a tool for centering the self and calming the body and mind, this guide ushers readers through the inner journey of the childbearing year--from pregnancy and labor through the postpartum stage. A variety of labyrinths--including four childbirth-related labyrinths from the Hopi and Papago cultures in the American Southwest and two others from India--are presented in this handbook and cover topics that include helping mothers focus on their emotional and spiritual state preparation for birth, aid in calming the mind and steadying breathing during birth, and allowing parents to fully process their experiences. Instructions for drawing a classic labyrinth, ideas for personalizing the design, and labyrinth "seeds"--start-up patterns for six variations of labyrinth--are also included.

Birth Without Violence

Birth without Violence revolutionised the way we perceive the process of birth, urging us to consider birth from the infant's point of view. This Pinter & Martin edition is the definitive edition, published exactly how the author intended it.

The Birth Book

Gives expectant parents an overview of the options available, offering up-to-the-minute advice on such matters as physical and emotional preparation, the father's role, avoiding a cesarean birth, and other information

Nurture

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." –Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

The Ordinary

Jim Grimsley's novels and short stories have been favorably compared to the works of Samuel R. Delany, Jack Vance, and Ursula K. Le Guin. Now he unleashes an ambitious and audacious collision between science and magic. The Twil Gate links two very different realms. On one side of the portal is Senal, an advanced technological civilization of some thirty billion inhabitants, all cybernetically linked and at war with machine intelligences many light-years away. On the other side is Irion, a land of myth and legend, where the world is flat and mighty wizards once ruled. Jedda Martele is a linguist and trader from Senal. Although fascinated by the languages and cultures of Irion, she shares her people's assumption that Irion is backward and superstitious and no match for her homeland's superior numbers and technology. But as the two realms march inevitably toward war, Jedda finds herself at the center of historic, unimaginable events that will challenge everything she has ever believed about the world---and herself. The Ordinary is a powerful and entrancing tale of magic, science, and the mysterious truth that binds them together. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Gentle Birth Choices

Birth as every woman would like it to be • Recommended by Lamaze International as one of the top ten books for pregnant women and their families • Includes a 45-minute DVD of six live gentle births • More than 32,000 copies sold of the original edition New parents are faced with a myriad of choices about pregnancy, labor, and birth. In Gentle Birth Choices Barbara Harper, renowned childbirth advocate, nurse, former midwife, and mother of three, helps to clarify these choices and shows how to plan a meaningful, family-centered birth experience. She dispels medical myths and reimagines birth without fear, pain, or violence. Harper explains the numerous gentle birth choices available, including giving birth in an independent birth center, at home, or in a hospital birthing room; finding a primary caregiver who shares your philosophy of birth; and deciding how to best use current technologies. She also provides practical advice for couples wishing to explore the option of using a doula or water during labor and birth to avoid the unwanted effects of drugs and epidurals. The Gentle Birth Choices DVD blends

interviews with midwives and physicians and six actual births that illustrate the options of water birth, home birth, and vaginal birth after a prior Cesarean section. The DVD clearly reveals the strength of women during childbirth and the healthy and happy outcome of women exercising gentle birth choices. It is a powerful instructional tool, not only for expectant parents, but also for midwives, hospitals, birth centers, and doctors.

Birthing Normally After a Cesarean Or Two (American Edition)

Book discusses VBAC (vaginal birth after caesarean).

The Inner Work of Birth

The Inner Work of Birth is a preparation guide for people who are interested in participating fully in their birth experience. Have you ever wondered if you have what it takes to bring a child into the world? Do you have concerns about coping with the challenges that you might face? This book is an affirmation that your own inner strengths and capabilities are the best resources that you could have. This book will be valuable to people who see their lives as a journey of self-exploration and growth. Within the context of the maternity experience, it explores finding your courage when you're worried or anxious. It looks at the sometimes-daunting task of releasing control in a situation that means so much to you. It discusses ways to call up your power when you're feeling helpless. It honors the peace and strength that can be found in acceptance. In the end, The Inner Work of Birth can help you realize that your satisfaction from your birth experience is not dependent on getting the birth you want; but rather wanting the birth you get.

The Positive Birth Book

Work out what kind of birth you really want, and learn how to maximise your chances of getting it, in this refreshing, warm and witty guide to pregnancy, birth and the early weeks. Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth room; from optimal cord clamping, to seeding the microbiome; from the inside track on breastfeeding, to woman-centred caesarean, The Positive Birth Book shows you how to have the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth centre, at home or by elective caesarean. Find out how the environment you give birth in, your mindset and your expectations can influence the kind of birth you have, and be inspired by the voices of real women, who tell you the truth about what giving birth really feels like. Challenging negativity and fear of childbirth, and brimming with everything you need to know about labour, birth, and the early days of parenting, The Positive Birth Book is the must-have birth book for women of the 21st century.

Childbirth Preparation And Mindful Birthing: The Positive and Enjoyable Way to Have a Baby Easily and Naturally Using Self-hypnosis, Relaxation Techni

55%OFF for Bookstores! NOW at \$ 14.83 instead of \$ 32.97! LAST DAYS! You will Never Stop Using this Awesome Cookbook!

Labor Like a Goddess

Written by two birth doulas and intuitive healers, this book tells the metaphorical story of a fictional goddess who must walk through 7 Gates of Transformation in order to become a Mother. At the final gate, she must surrender to the ultimate sacrifice—spiritual death—so she can be reborn into motherhood. Each gate perfectly illustrates the 7 emotional, psychological, and often subconscious sacrifices that every laboring woman experiences, whether willingly or not. This book is a guide to help pregnant women understand birth as a divine journey and master how to walk through each gate with empowered sacrifice, purpose, and zeal through tools, rituals, and integrative practices.

How Big Is a Placenta Bowl?

"How Big is a Placenta Bowl? And Other Weird Questions You'll Ask When Planning a Home Birth" tackles your most outrageous and irreverent home birth questions and delivers practical advice for couples preparing to give birth at home. From cord blood banking and circumcision to newborn immunizations and insurance coverage, "How Big is a Placenta Bowl?" answers all your home birth questions, including: -How messy is home birth? -How much will it cost? -How do I get the gunk out of the birth tub? -How do I choose a midwife? -How can I convince others I'm not crazy? -What should

I wear? -Why the heck do I need olive oil? -Should I have my other kids at the birth? One of the only guides to home birth written specifically for a United States audience, the book also includes a special section for husbands and partners on what they need to know, and it contains detailed state-by-state information about midwifery regulations, insurance coverage, and newborn testing procedures. Also included is a birth kit checklist and a sample birth plan for home birthers.

A Good Birth, a Safe Birth

All expecting mothers have an innate capacity to give birth safely and naturally, but it's easy to be distracted by stories of traumatic births and a deep anxiety that you won't be in control. Experienced doula and Active Birth Associate, Nicole Croft, takes the fear out of labour and childbirth in this empowering and practical guide. Full of wise advice and simple skills to prepare you mentally and physically, Nicole tells you everything you need to know to ensure you have a very positive experience giving birth, whether you labour naturally or require medical intervention. - Be calm, relaxed and prepared for childbirth - Feel less pain during labour and help your birth progress naturally - Remain confident and in control throughout the birth - Feel very positive about your birth, with or without medical intervention - Flourish with your baby in the first weeks after birth Warm, wise and incredibly reassuring, The Good Birth Companion will give you all the information and resources you need to give birth safely to your baby.

The Good Birth Companion

Since the original publication of The Birth Partner, partners, friends, relatives, and doulas have relied on Penny Simkin's guidance in caring for the new mother, from her last trimester through the early postpartum period. Now fully revised in its fifth edition, The Birth Partner remains the definitive guide to helping a woman through labor and birth, and the essential manual to have at hand during the event. The Birth Partner includes thorough information on: Preparing for labor and knowing when it has begun Normal labor and how to help the woman every step of the way Epidurals and other medications for labor Pitocin and other means, including natural ones, to induce or speed up labor Non-drug techniques for easing labor pain Cesarean birth and complications that may require it Breastfeeding and newborn care and much more For the partner who wishes to be truly helpful in the birthing room, this book is indispensable.

Birth Partner 5th Edition

Offers expectant mothers seeking natural childbirth in a hospital a detailed look at pregnancy and labor, explaining how to create a mutually supportive relationship among birth-care providers and make informed choices.

Natural Hospital Birth

A guide to birth preparation. It takes the reader step by step through mental, emotional and physical preparation for birth. It explains why birth has become such a traumatic affair in our culture and how an individual woman can break out of this fear based birth culture and prepare for the birth in a positively and confidently.

Effective Birth Preparation

It's time for a childbirth revolution. The modern approach to maternity care fails women, families and care providers with outdated practices that centre the needs of institutions rather than individuals. In this book, Rachel Reed weaves history, science and research with the experiences of women and care providers to create a holistic, evidence-based framework for understanding birth. Reclaiming childbirth as a rite of passage requires us to recognise that mothers own the power and expertise when it comes to birthing their babies. Whether you are a parent, care provider or educator, this book will transform how you think and feel about childbirth.

Reclaiming Childbirth As a Rite of Passage

THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY PARENT AND EVERY TYPE OF BIRTH. Expert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way we approach and experience birth. Through her teaching she seeks to educate and empower parents - and their birth partners - so that they can enjoy

amazing and positive birth experiences, however they choose to bring their babies into the world. So, what is hypnobirthing? Essentially, it's a form of antenatal education, an approach to birth that is both evidence-based and logical. Hypnobirthing certainly doesn't involve being hypnotised; instead, it teaches you how your body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body (rather than against it), making birth more efficient and comfortable. Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout. By the time you finish this book you'll feel relaxed, capable and genuinely excited about giving birth.

Hypnobirthing

It doesn't have to be terrifying. You don't actually have to dread giving birth. In fact, the day you give birth can be the most amazing day of your life. Birth ROCKS is a revolutionary approach to preparing for childbirth that looks at birth from a positive but honest perspective. Every mum and every birth are unique and your preparation for birth should be too. This book accompanies your personal journey of self discovery, uncovering and releasing your fears of birthing and helping you to find out what will work for you during labour. We won't promise you a 'one size fits all' solution to childbirth, but we will present you with honest, positive and helpful information and stories to guide you towards a positive birth. The Birth ROCKS concept was created by Cheryl MacDonald, who founded YogaBellies and has worked with pregnant and new mothers across the world. Cheryl is a former business analyst, a perinatal yoga teacher, antenatal educator and mother of one. She lives in the west end of Glasgow with her husband and three year old son and splits her time between standing on her head and playing with lego. The Birth ROCKS book accompanies the Birth ROCKS Childbirth preparation programme. Visit www.birthrocks.co.uk for more information.

Birth Rocks

Are you pregnant, or hoping to have a baby soon? This book is a reassuring and thought-provoking 10-step guide for women who want to go through pregnancy and birth with as little intervention and disturbance as possible, with a midwife or consultant in attendance, for the sake of safety. Based on the idea that childbirth is a healthy process and not a sickness of any kind, this book will provide you with the information and inspiration you need in order to get your baby - or babies! - born healthily. (Actually, the book features several mothers of twins or triplets, who also had completely normal births, as well as mothers who were considered 'high risk' for other reasons, such as being over 30.) The 10-step programme is presented in a chatty, easy-read format and includes information not usually easily-available to non-experts, as well as plenty of first-hand accounts or comments from women who've had entirely healthy births. (There are also a few cautionary tales from those who didn't...) Contributions come from Michel Odent (pioneer of water births), Janet Balaskas (the woman who realised we're better off not lying down when we give birth!) and Bill Bryson (the travel writer)... as well as from many other experts and 'ordinary' but extraordinary mothers, who made this book possible. In short, this is a handbook which could make a real difference to your future and also that of your babies and wider family. There is a comprehensive Glossary and Index, which could be very useful to you if you're new to this business of having babies, or if you want to make your experience far better than it was last time. A comment from an antenatal teacher: "What every woman will want to know, put simply and clearly." A comment from a midwife, perinatal researcher and adjunct professor (Betty-Anne Daviss): "Sylvie has created a prescription for healthy birth in a 10-step approach to keep parents focused on what is important in a potentially disastrous birth environment... She has... provided us with a book that encapsulates anything you wanted to know about keeping your birth normal and healthy..." And a comment from a mother: "Had a very late night Friday as I could not put your book down. Wow!"

Preparing for a Healthy Birth

Childbirth guru Dr Gowri Motha, who practises with Dr Yehudi Gordon – author of Birth and Beyond – shows women how her revolutionary method helps women carry the baby to full term, have less intervention in the birth; feel less pain in labour, and feel happy and in control.

Transformed by Birth

This is an indispensable volume for parents seeking safe and effective ways to promote and maintain their child's health. Using a wide range of herbal and other natural remedies, Aviva Jill Romm -- midwife, herbalist, and mother of four -- presents her expertise in a form that is comprehensive and user-friendly.

The Gentle Birth Method: The Month-by-Month Jeyarani Way Programme

This is a shorter version of the classic bestseller *The Birth Partner*, ideal for time-pressed parents, partners, and birthing professionals. It is a convenient and easy-to-use book that provides facts on the fly during the ultra-busy period before, during, and after labor and birth. An added planner keeps your plans and to-dos in one place. Generations of spouses and partners, as well as doulas, nurses, midwives, and other professionals, have relied on Penny Simkin's warm and wise guidance in caring for the new mother, from the last trimester through the early postpartum period. Her book *The Birth Partner* is the definitive guide to helping a woman through labor and birth, and *The Birth Partner's Quick Reference Guide and Planner* is a more-concise version of that book. For those who have the original book, it adds a planner component, for hospital or at-home birth plans and for other essential to-dos. It is full of reliable and up-to-date information on: Preparing for labor and for the new baby Ways to help a woman through each stage of labor and birth Pain-relief measures, including epidurals and medications as well as natural techniques Ways to induce or speed up labor Cesarean birth and complications that may require it Breastfeeding and newborn care and much more For the partner who wishes to be truly helpful in the birthing room, this is the essential book to have on hand.

Birthing Normally

Enclosed CD contains relaxation and birth rehearsal techniques.

Natural Healing for Babies and Children

Providing both inspiration and education, this guide to natural childbirth offers 48 personal accounts of labor and delivery without medication. Revealing the many options women have beyond birthing location, the testimonials offer insight into the joys, concerns, and realities of natural birth. From delivering at home with a midwife and hearing the right words from a hospital nurse at just the right moment to describing a combination of the Bradley method and acupuncture at a birthing center and discussing a child's birth at home in warm water, this resource combines personal insight with referential information. A glossary of terms and a resource guide to books, magazines, websites, videos, and CDs, and listings of childbirth classes and instructors nationwide are also included.

The Birth Partner's Quick Reference Guide and Planner

A fresh new paradigm for childbirth preparation, blending current research with processes and stories that support a woman's determination, self-respect, and readiness to deal with any type of birth, in any setting (from home to operating room). The author's map, inspired by ancient teachings, offers the modern woman a step-by-step guide to understanding her emotional, physical, and psychological journey through her childbearing year. It emphasizes the importance of staying flexible and open to the unknown possibilities and surprises that are a part of pregnancy, childbirth and parenting.--Publisher.

HypnoBirthing, Fourth Edition

For a Safe and Healthy Birth... Your Way! Giving Birth with Confidence will help take the mystery out of having a baby and help you better understand how your body works during pregnancy and childbirth, giving you the confidence to make decisions that best ensure the safety and health of you and your baby. Giving Birth with Confidence is the first and only pregnancy and childbirth guide written by Lamaze International, the leading childbirth education organization in North America. Written with a respectful, positive tone, the full version of this book presents:

- Information to help you choose your maternity care provider and place of birth
- Practical strategies to help you work effectively with your care provider
- Information on how pregnancy and birth progress naturally
- Steps you can take to alleviate fear and manage pain during labor
- The best available medical evidence to help you make informed decisions

Previously titled *The Official Lamaze Guide*, this 3rd edition has updated information on:

- How vaginal birth, keeping mother and baby together, and breastfeeding help to build the baby's microbiome.
- How hormones naturally start and regulate labor and release endorphins to help alleviate pain.
- Maternity-care practices that can disrupt the body's normal functioning.
- The latest recommendations on lifestyle issues like alcohol, vitamins, and caffeine.
- Room sharing and cosleeping: the controversy,

recommendations, and safety guidelines. • Out-of-hospital births are on the rise: New research and advice on planned home birth, including ACOG's revised guidelines, which support women's choices and promote seamless transfer to hospital, if needed. • The importance of avoiding unnecessary caesareans for mother and child. Includes the new ACOG guidelines on inductions and active labor. • The research in support of the Lamaze International's "Six Healthy Birth Practices," which are: • Let labor begin on its own. • Walk, move around, and change positions throughout labor. • Bring a loved one, friend, or doula for continuous support. • Avoid interventions that aren't medically necessary. • Avoid giving birth on your back and follow your body's urges to push. • Keep mother and baby together—it's best for mother, baby, and breastfeeding.

How to Prepare Mentally for Labour and Birth

Since the original publication of *The Birth Partner*, new mothers' mates, friends, and relatives and doulas (professional birth assistants) have relied on Penny Simkin's guidance in caring for the new mother from the last few weeks of pregnancy through the early postpartum period. Fully revised in its fourth edition, *The Birth Partner* remains the definitive guide for preparing to help a woman through childbirth and the essential manual to have at hand during the event. This completely updated edition includes thorough information on: Preparing for labor and knowing when it has begun; Normal labor and how to help the woman every step of the way; Epidurals and other medications for labor; Non-drug techniques for easing labor pain; Cesarean birth and complications that may require it; Breastfeeding and newborn care; And much more. For the partner who wishes to be truly helpful in the birthing room, this book is indispensable.

Journey Into Motherhood

Hypnotherapist and experienced doula Sophie Fletcher shares with you the secrets to having a safe and positive birth experience. Using a powerful combination of mindfulness, hypnosis and relaxation techniques, Sophie will ensure you feel genuinely excited and completely prepared for birth. With stories from women who have successfully used the tools in this book, and downloadable hypnosis and relaxation tracks, discover how to: - use your mind and body together to stay focused and in control - draw on visualisation and breathing techniques to help birth progress - feel positive and empowered, before, during and after you give birth Reassuring, practical and based entirely on what works, *Mindful Hypnobirthing* is your essential guide to having a calm and confident birth experience.

Ancient Map for Modern Birth

Giving Birth with Confidence