

# Birthing From Within: An Extra-ordinary Guide To Childbirth Preparation - , Phd Horowitz, Phd, Rob

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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 midwives role, and a look at the fathers 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. Author: England, CNM, MA, Pam Author: Horowitz, PhD, Rob, PhD Publisher: Partera Press Illustration: N Language: ENG Title: Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation Pages: 00331 (Encrypted EPUB) / 00000 (Encrypted PDF) On Sale: 1998-07-01 SKU-13/ISBN: 9780965987301 Category: Health & Fitness : Alternative Therapies Category: Health & Fitness : Pregnancy & Childbirth

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