

# Read Book Natural Childbirth Bradley Way Revised Pdf For Free

**Natural Childbirth the Bradley Way** **Natural Childbirth the Bradley Way Husband-Coached Childbirth (Fifth Edition)** *Husband-coached Childbirth Children at Birth Your Best Birth* Natural Childbirth the Bradley Way Natural Childbirth the Bradley Way Supernatural Childbirth The Bradley Method Student Workbook **Natural Hospital Birth The Fourth Trimester The Bradley Method (r) Student Workbook** *Made for This Mind Over Labor Healthy Tipping Point Ina May's Guide to Childbirth* The Essential Homebirth Guide **Birthing from Within The Birth Book The Birth Partner 5th Edition Amani Birth** Home Birth On Your Own Terms Natural Labor and Birth: An Evidence-Based Guide to the Natural Birth Plan *The Doula's Guide to Empowering Your Birth* *Emergency Childbirth: The Baby Is Coming*

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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. A classic childbirth text reissued with a new foreword by Ina May Gibson. In an age where birth has often been overtaken by obstetrics, Dr Dick-Read's philosophy is still as fresh and relevant as it was when he originally wrote this book. He unpicks every possible root cause of western woman's fear and anxiety in pregnancy, childbirth and breastfeeding and does so with overwhelming heart and empathy. The national C-section rate is at an all-time high of 31 percent. Are all these C-sections necessary, or are some of them done simply for the sake of convenience? Inductions seem to be the norm, but are they always needed? Today, expectant mothers are often left feeling powerless, as their instincts are replaced by drugs and routine medical procedures. What you are about to discover is that you have a choice, and you have the power to plan the kind of birth that's right for you-whether it is at a birth center, a hospital, or at home. In **YOUR BEST BIRTH**, internationally known advocates of informed choice Ricki Lake and Abby Epstein inspire women to take back

the birth experience, with essential advice on: · Positive and negative effects of epidurals, Pitocin, and other drugs and interventions · Inducing vs. allowing your labor to progress naturally · The truth behind our country's staggering C-section rate · Assembling your birth team and creating your birth plan. With chapters such as "Obstetricians: Finding Dr. Right," "Epidurals: You Haven't Got Time for the Pain," and "Electronic Monitors: Reading between the Lines," Lake and Epstein will encourage you to consider whatever your doctor, mother, and best friend may suggest in a new light. The book also includes inspiring birth stories, including those from well-known personalities, such as Laila Ali and Cindy Crawford. Packed with crucial advice from childbirth professionals, and delivered in a down-to-earth, engaging voice, **YOUR BEST BIRTH** is sure to renew your confidence and put the control back where it belongs: with parents-to-be! "Abby Epstein and Ricki Lake have taken a wonderful and constructive approach to ensuring an optimal birthing experience. Their language creates a 'climate of confidence' for pregnant women and their families, who must make key decisions about where, how and with whom to give birth in a health care system often unresponsive to our needs. This book is like a good friend giving wise counsel." --Judy Norsigian, co-editor of *Our Bodies, Ourselves: Pregnancy and Birth* and Executive Director, *Our Bodies Ourselves* This information-packed book is a must

for couples who wish to understand the gift of their fertility. It gives the reader an excellent understanding of Natural Family Planning. This is not the "rhythm method", but a method based on observation of one's own pattern of fertility. This method is exceptionally useful for women who have irregular menstrual cycles. The authors cite moral, religious, health and environmental reasons to support the use of Natural Family Planning. They also provide ample information demonstrating why the sympto-thermal method of NFP gives a woman all the tools she needs to determine her fertile time, whether she is seeking pregnancy or to avoid a pregnancy. The effectiveness of this method approaches or exceeds that of the Pill, without the health risks for the woman or baby. The first evidence-based book covering natural childbirth practices written by an obstetrician Natural birth plans have emerged as a battle cry of resistance among women who are dissatisfied with today's medically-aggressive model of maternity care and high cesarean section rates. However, natural birth does not need to be a source of controversy or conflict between women and their nurses and doctors. Natural Labor and Birth: An Evidenced-Based Guide to the Natural Birth Plan seeks to broaden the medical community's understanding of the motivations and needs of naturally laboring mothers, while also exploring why natural birth is often so difficult to achieve within our current system and what can be done to change that. It is a complete resource on

the topic of natural childbirth, teaching healthcare providers and other birth workers the skills necessary to assist a woman through an unmedicated birth and reviewing the compilation of medical evidence in support of those methods. It demonstrates how natural birth can exist within the framework of traditional antepartum care and hospital deliveries, and offers alternative solutions to common challenges that often disrupt the physiologic birth process. *Natural Labor and Birth: An Evidenced-Based Guide to the Natural Birth Plan* is also an unbiased resource for pregnant women seeking a more thorough and scientific understanding of unmedicated birth. This guide will help women and their partners make their own birth plans from a truly informed place. It will help women understand the barriers they may face when seeking a natural birth and give them the ability to better communicate their needs and preferences. By creating room for natural birth within our maternity system, this book will help readers build a community of care where all women feel respected, acknowledged, and empowered during their birth experience. Introduces and explains the French physician's celebrated techniques based on psychological and physiological conditioning 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. An authoritative guide to



natural childbirth and postpartum parenting options from an MD who home-birthed her own four children. Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls "undisturbed birth" is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship. The Bradley Method(R) Student Workbook requires a 12 week course to get the information needed to fill in this workbook. Now completely revised and updated for today's parents-to-be... The book that started a revolution in the birthing experience and helped millions of women and their partners to a safe and natural childbirth. The Bradley Method has changed the way men and women—and the medical establishment—think about childbirth today. Now this new, updated edition of the groundbreaking work by Robert A. Bradley, M.D., has all the information you need to approach a natural childbirth safely, confidently, and wisely. From the reasons to choose the Bradley Method to the steps you will take as your birth day

approaches—and after the birth of your baby—this book is designed to help couples share completely in the birthing experience. •Build better, deeper, and more trusting communication skills with your partner in preparation for a drug-free childbirth •Learn the physical, emotional, and mental relaxation techniques essential to a natural childbirth •Discover how you and your doctor can work together toward your natural delivery •Monitor your weight, nutrition, and your overall well-being during pregnancy •Use natural prevention methods for the most common pregnancy problems •Get the most out of the bonding experience you will share with your baby and your partner

With its time-tested wisdom, medical soundness, and reassuring first-person accounts of natural childbirth, this book is the “gold standard” of childbirth books. The Bradley Method is an essential guide for anyone considering childbirth without unnecessary medications or medical intervention and to share fully in your child’s arrival into the world. Start small for big results with this inspiring guide to lifelong wellness—from popular health blogger and author of *Operation Beautiful*. In *Healthy Tipping Point*, Caitlin Boyle shares the down-to-earth philosophy and authoritative advice that has made her websites so popular. Believing that reaching a tipping point means much more than tipping the scales, Boyle helps readers find their personal ideal balance in food, fitness, love, and life, in a breakthrough program organized around three shifts: •

Get Real: Challenge negative-thought patterns to create space for success • Eat Clean: Ditch conventional “diet” advice and follow a simple eating plan tailored to keep energy high, while helping the environment—including forty-five delicious vegetarian recipes for foodies on the go • Embrace Strength: Commit to a high-powered fitness program designed to help one learn to love exercise and build a strong, lean body—with targeted guidance for novice runners, bikers, swimmers, and others

Featuring twenty inspiring success stories and photos of people who have transformed their lives, the book proves that a healthy body is absolutely attainable. Healthy living and a healthy self-image go hand in hand. For anyone who struggles to get fit, *Healthy Tipping Point* provides the drive to thrive. A guide to help support women through post-partum healing on the physical, emotional, relational, and spiritual levels. This holistic guide offers practical advice to support women through postpartum healing on the physical, emotional, relational, and spiritual levels—and provides women with a roadmap to this very important transition that can last from a few months to a few years. Kimberly Ann Johnson draws from her vast professional experience as a doula, postpartum consultant, yoga teacher, body worker, and women’s health care advocate, and from the healing traditions of Ayurveda, traditional Chinese medicine, and herbalism—as well as her own personal experience—to cover • how you can prepare

your body for birth; • how you can organize yourself and your household for the best possible transition to motherhood; • simple practices and home remedies to facilitate healing and restore energy; • how to strengthen relationships and aid the return to sex; • learning to exercise safely postpartum; • carrying your baby with comfort; • exploring the complex and often conflicting emotions that arise postpartum; • and much more. Describes the stages of pregnancy and the birth process, revealing the teamwork of husbands and wives in natural childbirth Lambda Literary finalist, LGBT Anthology

One of the few books to explore lesbian parenting, these “hilarious, heart-wrenching, painfully honest tales of mommyhood” celebrate the ups and downs of being an LGBTQIA+ parent in the 21st century (Joey Solloway, creator of Transparent) After author Harlyn Aizley gave birth to her daughter, she watched in unanticipated horror as her partner scooped up the baby and said, “I’m your new mommy!” While they both had worked to find the perfect sperm donor, Aizley had spent nine months carrying the baby and hours in labor, so how could her partner claim to be their child’s mommy? Many diapers later, Aizley began to appreciate the complexity of her partner’s new role as the other mother. Together, they searched for stories about families like their own, in which a woman has chosen to forgo her own birth experience so that she might support her partner in hers. They found very few. Now, in *Confessions of the Other Mother*,

Aizley has put together an exciting collection of personal stories by women like her partner who are creating new parenting roles, redefining motherhood, and reshaping our view of two-parent families. Contributors include Hillary Goodridge, who was one of the lead plaintiffs in the case for same-sex marriage in Massachusetts, stand-up comedian Judy Gold, and psychologist and author Suzanne M. Johnson. This candid peek into a previously unexamined side of lesbian parenting is full of stories that are sometimes humorous, sometimes moving, but at all times celebratory. Each parenting tale sheds light on the many facets of motherhood, offering gay and straight readers alike a deeper understanding of what it means to love and parent in the twenty-first century. **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. Reading *The Natural Pregnancy Book* is like having your own personal herbalist and midwife at your side. Expertly written by Aviva Jill Romm, who has been providing family-centered natural health care for almost twenty years, it guides women through treating the common ills and ailments of pregnancy simply with herbs and nutrition. Aviva thoughtfully follows the woman's journey from baby's conception to birth, describing herbs that can promote and maintain a healthy pregnancy, along with those you should avoid during your term. Her herbal remedies cover such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. With its detailed information and comforting voice, *The Natural Pregnancy Book* is a complete primer for the woman who envisions a safe pregnancy as nature intended it. The classic guide to an unmedicated childbirth, fully revised for the twenty-first century—with updated information and attractive new illustrations and photos

throughout. For women birthing vaginally, 90% of Bradley births are drug-free! The Bradley Method®, used and praised by women for almost seventy years, prepares you for drug and surgery-free childbirth and puts you in control by providing the tools to navigate evidence-based care. Certified childbirth educator Susan McCutcheon, one of Dr. Bradley's first students, now makes this natural approach to childbirth more accessible than ever. You will learn:

- Exercises and nutrition to get your body ready for birthing
- To defuse fear by understanding all aspects of laboring
- How to involve your partner as a birth coach and a fully engaged participant
- What's driving the induction epidemic and how to avoid an unnecessary induction
- What's driving the cesarean surgery epidemic and how to reduce your risk
- How to get the information you need to make informed decisions about your birth

“The Bradley Method's simple objective, through relaxation, breathing, and visualization, is a birth free of the interventions frequently offered to women in the different stages of childbirth: fetal monitors, drug-induced labor, anesthesia, episiotomy, and Caesarean section. (Its) other defining feature, the husband's active participation in the delivery, is critical to this overall goal of an intervention-free birth.”—Mothering Experienced doula, Linsey Bliss, shows you how to prepare physically and mentally for every element of having a child, from pregnancy to fourth trimester in *The Doula's Guide to Empowering Your*

Birth. Lindsey Bliss, who has assisted as a doula at hundreds of births and is herself a mother of seven, reveals here all the wisdom and advice that doulas share with the new mothers who hire them. *The Doula's Guide to Empowering Your Birth* covers the period from pregnancy through labor and birth to fourth trimester healing. The focus, however, is on preparing for birth--including topics like how to pick the right childbirth class and the right birthing method. You'll also see how to assemble the team of professionals, family members, and friends who will support you through labor and birth, and how to approach last-minute decisions about pain medications and cesarean sections. Bliss's tone throughout is at once authoritative and confident as well as warm and encouraging. Her concern in her practice as well as in these pages is to listen to and help secure each new mom's own personal vision of a birthing experience that is safe, fulfilling, and meaningful. Enclosed CD contains relaxation and birth rehearsal techniques. A manual on preparing your own children to be at a birth. Positive information on having children at a birth. Everything you need to know to make breastfeeding a joyful, natural, and richly fulfilling experience for both you and your baby Drawing on her decades of experience in caring for pregnant women, mothers, and babies, Ina May Gaskin explores the health and psychological benefits of breastfeeding and gives you invaluable practical advice that will help you nurse your



baby in the most fulfilling way possible. Inside you'll find answers to virtually every question you have on breastfeeding, including topics such as •the benefits of breastfeeding •nursing challenges •pumps and other nursing products •sleeping arrangements •nursing and work •medications •nursing multiples •weaning •sick babies •nipplephobia, and much more Ina May's Guide to Breastfeeding is filled with helpful advice, medical facts, and real-life stories that will help you understand how and why breastfeeding works and how you can use it to more deeply connect with your baby and your own body. Whether you're planning to nurse for the first time or are looking for the latest, most up-to-date expert advice available, you couldn't hope to find a better guide than Ina May. What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, Ina May's Guide to Natural Childbirth gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Filled with inspiring birth stories and practical advice, this invaluable resource includes:• Reducing the pain of labor without drugs--and the

miraculous roles touch and massage play • What really happens during labor • Orgasmic birth--making birth pleasurable • Episiotomy--is it really necessary? • Common methods of inducing labor--and which to avoid at all costs • Tips for maximizing your chances of an unmedicated labor and birth • How to avoid postpartum bleeding--and depression • The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you • The best ways to work with doctors and/or birth care providers • How to create a safe, comfortable environment for birth in any setting, including a hospital • And much more Ina May's Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention. 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. Discover birth as a worship and trust in Allah's perfect design of our bodies to carry, birth, and feed our babies. Explore the nuances that allow women to birth their babies without drugs or medical interferences. Learn how to prepare during pregnancy and work with your body during labor for the gentlest natural birth experience. Provide a virtual tool box for your husband or other person to give them the information and resources to support you during this special time. Your marriage will be strengthened through deeper understanding and trust. Suitable for expectant parents, doulas, midwives, nurses,

obstetricians, childbirth educators, and anyone else who supports women during pregnancy and birth. 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 Birthing is a miraculous time when you and your baby will work together to bring about life. As you finally cradle your precious newborn in your arms, you should know deep in your soul that every decision that brought the two of you to this special moment was yours. More families than ever are choosing to birth at home. Midwives Jane E. Drichta and Jodilyn Owen answer questions about the kind of care, support, and information you need as you investigate whether this option is right for you. Birth can be an empowering and positive experience, and this book provides gentle guidance, with high regard for your wisdom and ability to successfully navigate your prenatal care, birth, and early mothering. Enriched with real birth stories from new mothers, The Essential Homebirth Guide offers thoughtful, compassionate advice on a wealth of birthing topics, including:

- Building a supportive homebirth community
- Caring for yourself and your baby from your pregnancy through the postpartum period
- Communicating about your birthing plans with your midwife, your partner, and your family and friends
- Deciding whether homebirth is safe for you
- Educating yourself about common

pregnancy-related issues • Preparing your home and your family for the big day

Millions of women have felt the power of birth, and countless women long for it. But for too many, birth can seem like a purely clinical experience — something to get through as quickly as possible in order to get on with the joys of being a mother. In *Made for This*, author Mary Haseltine draws on Pope St. John Paul II's Theology of the Body to show that birth is an essential part of who God created women to be, body and soul. With real-life stories from many moms and practical tips — including preparing for birth, making informed choices, helping fathers embrace their role in the birth room, and encountering the work of labor — this book is an indispensable guide for navigating the physical and spiritual dimensions of pregnancy and birth. Expectant mothers will find the tools they need to approach birth as a gift, and to invite God into the experience.

About the Author Mary Haseltine is a theology graduate and a certified birth doula and childbirth educator. With a passion for building a culture of life through the teachings of the Theology of the Body, she works to bring an awareness and practice of the teachings of the Church into the realm of childbirth, mothering, and pregnancy loss. She lives in Western New York with her husband and five sons. You can find more of her writing at [www.betterthaneden.com](http://www.betterthaneden.com). A book to help during unexpected birthing situations. "Giving birth is the pivotal moment of a woman's life

but it is often treated as a medical procedure, and not as a rite of passage. Birthing from Within offers parents engaging and memorable ways for pregnant women, and their partners, to activate personal, social and spiritual resources that will guide them through labour and afterwards. Many birth classes teach from the 'outside', from the perspective of the professional. Yet, knowledge of anatomy and the stages of labour can often seem irrelevant in the intensity of contraction. The pregnant woman needs to know about labour and birth from her own perspective, she needs to be prepared for birthing from within. Pam England offers a method that allows a woman to fully understand her own strengths and resources. The self-discoveries made during pregnancy makes birth life-enhancing and empowers the future of the family. It is a multi-sensory and holistic approach that aims to make parents feel positively informed about what they are about to experience, confident about the birth of their child. Pain is an inevitable part of childbirth but Birthing from Within provides resources for building pain-coping confidence in parents. It gives detailed instructions on dealing with normal labour pain and when the humane use of drugs may be called for."--Cover. Pregnancy and childbirth are often depicted as a time of sickness and mood swings for women followed by twelve to twenty hours of pain and hard labor. Many women have been told they can never conceive. Others have suffered the pain of conceiving and

miscarrying. Have you had enough of this picture? Supernatural Childbirth is a practical and realistic look at God's promises for conception, pregnancy and delivery. This is not "pie-in-the-sky"-This is a personal testimony of how one couple overcame defeat and triumphed in God's plan! Jackie Mize had been told she could never have children. However, by unlocking powerful truths and dynamic faith principles she and her husband Terry found in the Bible, they now have four miracle children! This exciting book shares with you these truths and faith principles. You will learn these things: \* How to put faith principles into action for your very own supernatural childbirth \* How you can be a living example of God's promises in action \* How to deal with fear during pregnancy and delivery \* How and when to use your faith for pregnancy and delivery Also included in Supernatural Childbirth: \* Faith-inspiring testimonies from women who have followed these principles and experienced their own supernatural childbirth \* Confessions and prayers for a supernatural conception, pregnancy, childbirth, and all circumstances surrounding each stage \* A powerful teaching section by Terry Mize explaining the curse on Eve in the Garden of Eden Second Edition!!! 80 pages added of new content and photos... Are you looking for a holistic, natural pregnancy and birth guide book? If you are planning a home birth or need an unassisted birthing plan, (freebirth) this is the book for you. The 1st of its

kind!! A full manual containing all the information you need to give birth at home. Get your body and mind prepared for a natural geared pregnancy and birth, where you make all the rules and decisions... This book covers \* how to do your own prenatal care\* common discomforts in pregnancy\* herbal and homeopathy uses\* supplies you need for your birth\* labor stages and how to manage them\* birth affirmations\* avoiding issues and complications \* what to do for emergencies\* postpartum care for mom and baby\* how to register you baby with the state\* unassisted birth storiesThis book is packed with photographs!! A MUST HAVE, especially in places that have little to no access to quality medical care/hospitals near the birthing mother. Reviews "I find this book to be an invaluable resource manual for everything you need to know to have a healthy, safe, unassisted home birth! I love the sections on herbs and homeopathics, and that every needful topic was included and written in a clear and easy to understand manner. I'll definitely reference this book during my next freebirth. It's like having a midwife on your bookshelf! "A valuable resource to prepare for your freebirth" "This book shows you how to freebirth. Giving you the information you need to control your birth and have peace with that decision." "This is the book every pregnant woman, whether she decides to birth unassisted or not, should have in her library. It is extremely informative, yet inspiring and empowering." Julia, Labor



Assistant "Home Birth On Your Own Terms is a great first stop on your journey to having an unassisted birth. If only every birthing person could know this option, and assess for themselves if this is a safe, viable option for them. Home Birth On Your Own Terms provides confidence through first-hand accounts of births AND the appropriate precautions for people to make the best choices for their birth. For anyone considering their birth options, this is an eye opener to see beyond the systemically prescribed birthing process. This book gives another perspective on what is absolutely possible, empowering, safe and healthy births." Vera, Doula "A wealth of information in one place." "With the ever climbing epidemic of birth violence inflicted by medical professionals and the constraints birth attendants now have upon them, it's no surprise that parents are taking a stand and birthing the way they so desire." 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. 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 classic guide to an unmedicated childbirth, fully revised for the twenty-first century—with updated information and attractive new illustrations and photos

throughout. For women birthing vaginally, 90% of Bradley births are drug-free! The Bradley Method®, used and praised by women for almost seventy years, prepares you for drug and surgery-free childbirth and puts you in control by providing the tools to navigate evidence-based care. Certified childbirth educator Susan McCutcheon, one of Dr. Bradley’s first students, now makes this natural approach to childbirth more accessible than ever. You will learn:

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- How to get the information you need to make informed decisions about your birth

“The Bradley Method’s simple objective, through relaxation, breathing, and visualization, is a birth free of the interventions frequently offered to women in the different stages of childbirth: fetal monitors, drug-induced labor, anesthesia, episiotomy, and Caesarean section. (Its) other defining feature, the husband’s active participation in the delivery, is critical to this overall goal of an intervention-free birth.”—Mothering

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