

Childbirth Without Fear The Principles And Practice Of Natural Childbirth

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VANESSA EDWARD

The Politics of Birth Ballantine Books

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

Supernatural Childbirth Pollinger in Print

The Politics of Birth explores ways in which we learn about birth, how we talk and feel about it, assumptions that professional caregivers may make, and the roles and skills of midwives. Topics include home birth and water birth; the use of drugs in childbirth; obstetric and nursing interventions which are often used routinely; Caesarean sections; pressures that care-givers are under, and the choices presented to women that are more apparent than real. Throughout, the author draws on research-based evidence to present both an holistic yet grounded examination of topical issues surrounding pregnancy and childbirth. This is not a "how to" book. The aim of The Politics of Birth is to help the reader develop deeper insight and understanding of how a technocratic birth culture shapes our ideas about birth and obstetric practice.

Ina May's Guide to Breastfeeding Harpercollins

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.

Childbirth Without Fear Books for Midwives

Based on the hit documentary that inspired a vibrant online community, this innovative approach to birthing shows women how to maximize the childbirth's emotional and physical rewards. With more than 4 million babies born in the United States each year, too many women experience birth as nothing more than a routine or painful event. In her much-praised film *Orgasmic Birth*, acclaimed filmmaker Debra Pascali-Bonaro showed that in fact childbirth is a natural process to be enjoyed and cherished. Now she joins forces with renowned author and activist Elizabeth Davis to offer an enlightening program to help women attain the most empowering and satisfying birth experience possible. While an orgasmic birth can, for some, induce feelings of intense, ecstatic pleasure, it is ultimately about taking control of one's own body and making the most informed decisions to have a safe, memorable, and joyful birth day. Whether women choose to give birth at home, in a hospital, or in a birthing center, *Orgasmic Birth* provides all the necessary tools and guidance to design the birth plan that's best for them. Featuring inspiring stories from mothers and their partners and filled with practical advice and solutions, this one-of-a-kind resource is the next frontier of natural, intimate childbirth.

Childbirth Without Fear Seven Stories Press

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.

Childbirth Without Fear Rodale Books

The delivery of high quality and equitable care for both mothers and newborns is complex and requires efforts across many sectors. The United States spends more on childbirth than any other country in the world, yet outcomes are worse than other high-resource countries, and even worse for Black

and Native American women. There are a variety of factors that influence childbirth, including social determinants such as income, educational levels, access to care, financing, transportation, structural racism and geographic variability in birth settings. It is important to reevaluate the United States' approach to maternal and newborn care through the lens of these factors across multiple disciplines. Birth Settings in America: Outcomes, Quality, Access, and Choice reviews and evaluates maternal and newborn care in the United States, the epidemiology of social and clinical risks in pregnancy and childbirth, birth settings research, and access to and choice of birth settings.

Childbirth Without Fear Health Communications, Inc.

Practical advice and hands-on training for birthing partners to help you navigate even the most complicated birth. Above all, Susanna seeks to empower women, steering them towards feelings of trust and safety to overcome fear in childbirth.

Natural Hospital Birth Hachette Books

Enclosed CD contains relaxation and birth rehearsal techniques.

Childbirth Without Fear Katharine Publishing

This book reveals how giving birth is an inherently safe, relatively painless process that is best performed without the assistance of doctors or midwives, and how confidence and a positive attitude reduces fear—and therefore the pain—of labor. According to Laura Kaplan Shanley, a renowned leader in the natural-birth movement, human birth is inherently safe and relatively painless—provided we refrain from physical or psychological interference. The problems often associated with birth can be traced to three main factors: poverty, unnecessary medical intervention, and fear. When these causes are eliminated, most women can give birth either alone or with the help of a partner, friends, or family. This second edition of *Unassisted Childbirth* leads with a history of childbirth and then describes how most deliveries occur today, detailing why these processes don't serve mothers or babies. The information in this unique book gives women yet another legitimate choice in childbirth that doesn't rely on doctors and technology, and allows parents, birth professionals, and general readers to reexamine their most basic ideas about birth and learn to think in new ways.

The Unassisted Baby Bloomsbury Publishing USA

Renowned for her practice's exemplary results and low intervention rates, Ina May Gaskin has gained international notoriety for promoting natural birth. She is a much-beloved leader of a movement that seeks to stop the hyper-medicalization of birth—which has lead to nearly a third of hospital births in America to be cesarean sections—and renew confidence in a woman's natural ability to birth. Upbeat and informative, Gaskin asserts that the way in which women become mothers is a women's rights issue, and it is perhaps the act that most powerfully exhibits what it is to be instinctually human. *Birth Matters* is a spirited manifesta showing us how to trust women, value birth, and reconcile modern life with a process as old as our species.

Natural Birth Destiny Image Publishers

Addresses concerns, confusion, and misinformation about epidurals and other childbirth anesthesia. The majority of women giving birth in the United States receive an epidural during labor and delivery; many others receive a spinal block. The Epidural Book fully explains anesthesia used during labor and vaginal delivery or C-section, with an emphasis on epidurals. Dr. Richard Siegenfeld answers pregnant women's questions, including

- Who administers epidurals and spinal blocks and when?
- How does anesthesia affect both the mother and the baby?
- Under what circumstances should a woman avoid an epidural?
- What happens during the recovery period?
- What problems can arise?

Written by an experienced anesthesiologist, *The Epidural Book* is lighthearted and informative. This easy-to-read guide helps an expectant mother prepare for her all-important day.

Birth Settings in America National Academies Press

Childbirth can be an empowering and positive experience that you treasure for the rest of your life. Hypnobirthing teaches simple and gentle techniques that have a profound effect.

Dick-Read's Childbirth Without Fear HarperCollins Publishers

Painless Childbirth: An Empowering Journey Through Pregnancy and Childbirth is a road map for a woman to achieve painless childbirth.

Birth Without Fear Sentient Publications

Describes the stages of pregnancy and the birth process, revealing the teamwork of husbands and wives in natural childbirth

The Epidural Book Penguin

In our society childbirth is often viewed as something to be feared and even to be avoided, through elective caesarian or extreme pain suppression. In this uplifting book Kristina Turner applies esoteric knowledge to show practical ways of transforming a difficult experience into a positive and deeply spiritual one. Kristina looks closely at the physical processes that take place in the body during pregnancy and childbirth, as well at explaining the facts behind hospital procedures and options for home birth -- providing readers with the necessary knowledge to make their own choices. She feels that birthing should be viewed as a unified process, from the nine months of pregnancy through labour to the many months of breastfeeding; all three

stages contribute to developing the bond between mother and child and the child's emotional function. Kristina writes beautifully about the sacred mystery inherent in conception and pregnancy, and guides the new mother towards being a conscious participant in the spiritual process of bringing life into this world. This book is both very practical and hugely inspiring.

[Mind over Labor](#) International Labour Organization

Few specialties have a longer or richer eponymous background than obstetrics and gynaecology. Eponyms add a human side to an increasingly technical profession and represent the historic tradition and language of the speciality. This collection aims to perpetuate the names and contributions of pioneers and offer introductory profiles to the founders in whose steps we follow. This third edition includes 26 new entries, as well as expanded detail, illustration and quotation for existing entries. Biographical data and historical and medical context are discussed for each of the 391 names, with reference to 34 countries, reflecting the field's far reaching origins. More than 1700 original references feature, alongside an extensive bibliography of more than 2500 linked references to assist readers searching for more detailed information. This is a volume for physicians, midwives, medical historians, medical ethicists and all those interested in the history and evolution of obstetrical and gynaecological treatment.

[HypnoBirthing, Fourth Edition](#) Cumberland House Publishing

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

[Natural Childbirth the Bradley Way](#) Floris Books

Improving maternal health and reducing child mortality are among the eight UN Millennium Development Goals. This publication contains guidance on

maternity protection in the workplace, focusing on measures that can be taken to establish a decent workplace and to identify workplace risks. The starting point is the Maternity Protection Convention (No. 183), adopted by the International Labour Conference in 2000 and its accompanying Recommendation (No. 191). The guide is intended for general use as a reference tool for employers, workers, trade union leaders, occupation health and safety advisors, labour inspectors and others involved in workplace health and maternity protection.

[Eponyms and Names in Obstetrics and Gynaecology](#) Penguin

The fear and pain most women expect from pregnancy can at last be overcome. Carl Jones, a certified childbirth educator, tells how using mental imagery can help you reduce the pain of labor by controlling the fear beforehand. His easy-to-follow, eight-step method, which teaches your mind to cooperate with your body, will help make your childbirth less stressful and more natural. Whether you plan to give birth at home, in a childbearing center, or in a hospital, Carl Jones's simple exercises will put you in touch with the best instrument of birth there is—yourself.

[Pain-Free Childbirth](#) Simon and Schuster

It's true; I've had 4 babies naturally without pain and not one tear-four pregnancies without morning sickness and complications. I've had four wonderful postpartum experiences. The great news is that this same experience is available to every woman through Jesus. Before I became pregnant with my first, I had a preconceived notion that labor pretty much sucks. The world says it's going to be awful and extremely painful. Writhing in pain and begging for drugs is what friends, family, movies, and social media tell us. I heard it all and believed that was the way it's supposed to be. This book's purpose is to take you through my journey of breaking free from the world system of what birthing looks like and exchange it for the Kingdom, His righteousness, and what God intended for all women to experience. This book has scriptures that will open your eyes to blessings you may have never realized are yours to receive. Many people have said to me that I'm either lying or have a special superhuman gift. The truth is, I do have a special superhuman gift, and His name is Jesus! If you have Jesus, I am no different than you. We have the same supernatural abilities and anointing, for we have the same anointed one in us. If you do not know Jesus yet, I pray that my testimony will open your heart to seek Him and find the truth.