

## Get Free The Positive Birth Book: A New Approach To Pregnancy, Birth And The Early Weeks

# The Positive Birth Book: A New Approach To Pregnancy, Birth And The Early Weeks

\*\* As seen on the Victoria Derbyshire show \*\* Providing you with everything you've ever wanted to know about pregnancy, this is the definitive guide from conception to the first few weeks' at home with your newborn \*\*\* 'I wish there'd been a book like this when I was pregnant. It almost makes me want to have another child. Almost' Bryony Gordon \*\*\* Your No Guilt Pregnancy Plan is a revolutionary new guide to pregnancy and childbirth that puts the power firmly in your hands. It won't tell you what fruit your baby resembles week-by-week, but it will cover the huge shifts happening in your relationships, body, work and emotional life right now, giving you practical tools, tips and real stories to help you make a plan that is uniquely yours yet flexible enough to accommodate whatever your pregnancy, birth and life throw at you. \*\*\*Further Praise for Your No Guilt Pregnancy Plan\*\*\* 'The book has everything a pregnant woman needs ... I'm sure this will be the go-to book for women in years to come' - Helen Thorn host of the Scummy Mummies podcast 'Rebecca is a living, breathing Wonder Woman heroine. In a sea of complicated, important and sometimes angry debate around childbirth, she is a mast to hold onto.' - Cherry Healey, presenter and author of Letters to My Fanny I can't think of a panicky question I had thought of through either of my pregnancies (and I thought of them at a rate of five per second) that wouldn't have been answered by this book. I wish I had had it, in fact. A very empowering guide to becoming a mother.' - Robyn Wilder, The Pool  
Fearless Birthing is your essential road map to confront and conquer the fears that stand between you and motherhood. Through Leachman's unique fear-clearance method, you'll learn how to mentally and

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emotionally prepare for the birth of your bundle of joy. By ridding your fears, you'll turn potential trauma into an empowering experience.

Kate Evans deftly handles the physical and emotional changes that come with being pregnant, looking at the practicalities of every stage as well as the challenges that may arise. Her straightforward, funny and accessible text is illustrated throughout with detailed artwork to guide the reader through the intricacies of human reproduction whilst her customary laugh-out-loud cartoons demystify the complexities of pregnancy and birth. Contents include:

- A graphic guide to conception
- Practical help for those trying to conceive
- Early pregnancy advice
- Stop telling me what to do
- Food, glorious food
- The call of the duvet
- Engaging with the professionals
- Abortion rights and wrongs
- Miscarriage support
- Screening and scans
- Are you ready to have a baby?
- The physical preparations
- Ripening and readying
- Waiting well past your due date
- The art of birth Labour
- Push it real good
- The Caesarian section

'If you're having a baby this is a **MUST READ**. Get the birth you want whatever path you choose'

Davina McCall 'This is an amazing book. It should be read by everybody having a baby and anyone providing care around birth'

Lesley Page, President of The Royal College of Midwives 'Beverley Turner is at the forefront of a new generation leading birth into the future . . . The Happy Birth Book is a must-have for every pregnant woman and every midwife'

Professor Caroline Flint, midwife, NCT teacher and trustee, Past President of The Royal College of Midwives Pregnancy, birth and the early weeks of being a parent can be incredibly overwhelming. It's a very special time and should be a joyful and empowering experience. Yet the conflicting advice about pregnancy, labour and parenting can leave your head spinning - and make it highly unlikely you will get the birth you want. Until now. In The Happy Birth Book, Beverley Turner, with the help of midwife Pam Wild, lays out all the facts about pregnancy, birth

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and new parenthood. Covering everything from scans to stretch marks, hypnobirthing to pain relief, as well as specific advice for partners, The Happy Birth Book will be there for you every step of the way. Whether you're in the early months of pregnancy and are anxious about the whole process, or you're under pressure to make decisions about your upcoming labour, The Happy Birth Book cuts through all the mixed messages and urban myths surrounding birth to give you straightforward, evidence-based advice which will help you and your partner to choose the path to parenthood that is right for you. So what are you waiting for? Dive in - and start preparing for the happiest day of your life.

My Period

Your Complete Guide to Having an Empowered and Positive Birth with the Help of a Professional Childbirth Assistant

Hypnobirthing

The Canary in the Coal Mine

Your No Guilt Pregnancy Plan

Political Theology

Your Trusted A-Z of Pregnancy, Birth and the Early Weeks

“Emily Oster is the non-judgmental girlfriend holding our hand and guiding us through pregnancy and motherhood. She has done the work to get us the hard facts in a soft, understandable way.” –Amy Schumer \*Fully Revised and Updated for 2021\* What to Expect When You're Expecting meets

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*Freakonomics*: an award-winning economist disproves standard recommendations about pregnancy to empower women while they're expecting. From the author of *Cribsheet* and *The Family Firm*, a data-driven decision making guide to the early years of parenting Pregnancy—unquestionably one of the most profound, meaningful experiences of adulthood—can reduce otherwise intelligent women to, well, babies. Pregnant women are told to avoid cold cuts, sushi, alcohol, and coffee without ever being told why these are forbidden. Rules for prenatal testing are similarly unexplained. Moms-to-be desperately want a resource that empowers them to make their own right choices. When award-winning economist Emily Oster was a mom-to-be herself, she evaluated the data behind the accepted rules of pregnancy, and discovered that most are often misguided and some are just flat-out wrong. Debunking myths and explaining everything from the real effects of caffeine to the surprising dangers of gardening, *Expecting Better* is the book for every pregnant woman who wants to enjoy a healthy and relaxed pregnancy—and the

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occasional glass of wine.

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.

God is dead, but his presence lives on in politics. This is the problem of political theology: the way that theological ideas find their way into secular political institutions, particularly the sovereign state. In this intellectual tour-de-force, leading political theorist Saul Newman shows how political theology arose alongside secularism, and relates to the problem of legitimising power and authority in modernity. It is not about the power of religion so much as about the religion of power. Examining the current crisis of the liberal order, he argues that recent phenomena such as the rise of populism, the renewed demand for strong national sovereignty and the return of religious fundamentalism may be understood through this paradigm. He illustrates his argument through an exploration of themes such as

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sovereignty, democracy, economics, technology, ecological catastrophe, messianism and the future of radical politics, engaging with thinkers ranging from Schmitt and Hobbes to Stirner, Foucault, and Agamben. This book will be a crucial text for all students, scholars and general readers interested in the meaning and significance of political theology for political theory.

A seemingly ordinary village participates in a yearly lottery to determine a sacrificial victim.

Give Birth Like a Feminist: Your body. Your baby. Your choices.

An Inspirational Guide for a Calm, Confident, Natural Birth  
Your Baby, Your Birth

Hypnobirthing Skills For Every Birth

Everything You Need to Know to Have a Safe and Satisfying Birth

Covid Babies

The Positive and Enjoyable Way to Have a Baby Easily and Naturally Using Self-Hypnosis: Inner Power Hypnobirthing and

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the Miracle of Life

Everything you need to feed your baby with confidence

\_\_\_\_\_ Do you have questions? The Guide for Everyone has all the answers you need Marley Hall is a midwife and mum of five – in other words, she's seen it all. In her Guide for Everyone, you'll find answers to questions you never knew you wanted to ask. Like, what do these clinical terms mean? What are my choices? And is there a 'right' way to give birth or take care of my baby? Birth is a unique experience for every person, and the book contains the latest guidance that will help you to understand the full picture all the way through an entire 12 months. Each chapter is illustrated with Marley's original doodle-drawings and is subtly colour coded, so you can flick through and find exactly what you're looking for right now, when you need it. There is evidence-based information to support everyone and provide a reliable source of knowledge about important things like when to call your care provider, getting baby into an optimal position for birth, how to approach the 'fourth trimester' (the three months after the birth), and even where to find the shower in a postnatal ward. You'll be armed with all the tools you need to communicate and thrive wherever you are, be it birth centre, hospital or home. It's like having your own personal Marley on call! “Supportive, inclusive, knowledgeable and wonderfully warm, Midwife Marley is the perfect partner for

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your positive pregnancy and parenting journey. Every family touched by her help feels genuinely valued.” Siobhan Freegard OBE, Founder of Netmums

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

From the author of *Expecting Better* and *The Family Firm*, an economist's guide to the early years of parenting. “Both refreshing and useful. With so many parenting theories driving us all a bit batty, this is the type of book that we need to help calm things down.” —LA Times “The book is jampacked with information, but it’s also a delightful read because Oster is such a good writer.” —NPR With *Expecting Better*, award-winning economist Emily Oster spotted a need in the pregnancy market for advice that gave women the information they needed to make the best decision for their own pregnancies. By digging into the data, Oster found that much of the conventional pregnancy wisdom was wrong. In *Cribsheet*, she now tackles an even greater challenge: decision-making in the early years of parenting. As any new parent knows, there is an abundance of often-conflicting advice hurled at you from doctors, family, friends, and strangers on the internet. From the earliest days, parents get the message that they must make certain choices around feeding, sleep, and schedule or all will be lost. There's a rule—or three—for everything. But

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the benefits of these choices can be overstated, and the trade-offs can be profound. How do you make your own best decision? Armed with the data, Oster finds that the conventional wisdom doesn't always hold up. She debunks myths around breastfeeding (not a panacea), sleep training (not so bad!), potty training (wait until they're ready or possibly bribe with M&Ms), language acquisition (early talkers aren't necessarily geniuses), and many other topics. She also shows parents how to think through freighted questions like if and how to go back to work, how to think about toddler discipline, and how to have a relationship and parent at the same time. Economics is the science of decision-making, and *Cribsheet* is a thinking parent's guide to the chaos and frequent misinformation of the early years. Emily Oster is a trained expert—and mom of two—who can empower us to make better, less fraught decisions—and stay sane in the years before preschool. The techniques described in the book - self-hypnosis, visualisation, different breathing methods and the use of colours for healing and relaxation - are life-long learning processes that have had proven results. The book also contains a free CD, containing a self-hypnosis programme for the mother-to-be to listen to on a daily basis in the weeks leading up to the birth. This book is also for the birth partner - by using the techniques described they are enabled to maintain the self-hypnosis in the mother-to-be during the birth process. By reading this book and listening to the

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CD you will be empowered to: \* Enjoy your pregnancy, having all the energy you need to do all that you have to do \* Have a wonderful birth experience, being relaxed and in control, working with your body and allowing your muscles and skin to stretch easily and naturally in a pain-free way \* Promote your own rapid healing and recovery \* Bond easily with your baby, enjoy breastfeeding (if you choose to do this) and be confident in your abilities as a mother \* Get back to pre-pregnancy weight, shape and dimensions very soon after the birth.

Find your flow and feel proud of your period!

How to Find the Best Doctor Or Midwife, Have Less Pain in Labor & Be Fearless When Giving Birth

Mindful Practices for a Positive Pregnancy and Birth

Practical Ways to Make Your Birth Better

Expecting Better

A History

The Birth Book

Your Positive Birth Begins Here

As featured on BBC Radio 2 and BBC Radio 5 Live Selected as one of the Independent 's 10 best pregnancy books for expectant parents Birth is a feminist issue. It ' s the feminist issue nobody ' s talking about.

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The one stop guide to getting your period. Getting your first period can be exciting - but there are a lot of questions you might be too embarrassed to ask. Like how much will I bleed? Does it hurt? How can I prepare? And what's the point of a period anyway? Separating the fact from the fiction, Milli Hill answers everything you need to know - from menstrual cups and period pants, to cramps and hormones. She'll explain how incredible your body is, what is actually going on each month and why. With guidance on choosing period products, charting your cycles and preparing a first period kit, alongside profiles of 'cycle superstars', such as Amika George, who are working to end period poverty and start open conversations around periods, this book is the complete guide to getting your period. So find your flow, bust some myths and start to feel proud of your monthly cycle and your truly amazing body!

The Positive Birth Book A New Approach to Pregnancy, Birth and the Early Weeks  
Pinter & Martin

Micah Burgess has attended over two hundred home or hospital births as a doula. She also has had six of her own birth experiences - five homebirths using natural birth methods and one emergency C-section just twenty-seven weeks into her sixth pregnancy. During many of those birth experiences, Micah encountered some hilarious situations and people. With her Texas charm and wit, Micah lets new and experienced moms everywhere see that the craziness that sometimes accompanies childbirth is neither odd nor unique - and is often quite funny. In her breakthrough first book, Micah shares several of the insights and humorous stories collected from the journey with her clients.

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The Humor in Birth

Why Home Birth Matters

The Practical Guide for Modern Mamas to Create a Calm, Positive Hypnobirth

How pandemic health measures undermined pregnancy, birth and early parenting

The Bestselling Guide to Pregnancy, Birth and the Early Weeks

Birth Made Easy

Birth

Irreversible Damage

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.

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How often does my baby really need to feed? How do I know my baby is getting enough? Is it normal for my baby to wake at night? When you're expecting a new baby, suddenly everyone around you becomes an expert - particularly when it comes to how to feed them. It is easy to become overwhelmed by conflicting advice, myths and exaggerated stories. The Positive Breastfeeding Book cuts through the anecdotes, giving you clear, no-judgement, non-preachy, evidence-based information to help you make the right decisions for you and your baby. It will... help you understand how breastfeeding works give you tips for planning for your baby's arrival help you cope with those early months support you to make sure that whilst you're looking after the baby, you're getting taken care of too point you to how to seek help if challenges come up guide you through feeding in public, going back to work, and even rediscovering a glass of wine You'll find plenty of real stories and guidance throughout from mothers and experts in supporting breastfeeding. There are handy chapters on formula and mixed feeding, which cut through advertising spiel and give you the facts you need to choose and use formula safely. The Positive Breastfeeding Book doesn't

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promise to make it easy, nor will it get up in the middle of the night for you, but it will empower you with the knowledge and encouragement you need to feed your baby with confidence. This book investigates why women choose 'birth outside the system' and makes connections between women's right to choose where they birth and violations of human rights within maternity care systems. Choosing to birth at home can force women out of mainstream maternity care, despite research supporting the safety of this option for low-risk women attended by midwives. When homebirth is not supported as a birthplace option, women will defy mainstream medical advice, and if a midwife is not available, choose either an unregulated careprovider or birth without assistance. This book examines the circumstances and drivers behind why women nevertheless choose homebirth by bringing legal and ethical perspectives together with the latest research on high-risk homebirth (breech and twin births), freebirth, birth with unregulated careproviders and the oppression of midwives who support unorthodox choices. Stories from women who have pursued alternatives in Australia, Europe, Russia, the UK, the US, Canada, the Middle East and India are

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woven through the research. Insight and practical strategies are shared by doctors, midwives, lawyers, anthropologists, sociologists and psychologists on how to manage the tension between professional obligations and women's right to bodily autonomy. This book, the first of its kind, is an important contribution to considerations of place of birth and human rights in childbirth.

‘Marie Louise is a dream come true for any parent with her uncanny ability to simplify the most important and complicated questions’ Emma Bunton, co-founder of Kit and Kin Whether you are planning for a baby, just found out you are pregnant or well into your third trimester, this book will help you to feel confident, informed and inspired about your exciting journey ahead. Through years of work with families, Senior Midwife Marie Louise reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. As well as this, Marie Louise is renowned for bringing complex science to life. You’ll discover fascinating facts that underpin everything you and your baby will go through, including – – How your nervous system is synced

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with your baby and why baby already knows a lot about you when they are born – The unique process your baby goes through to pass through the birth canal and how you work together in labour – Incredible facts about breast milk Packed with the most up-to-date findings and expert insights, you'll find everything you need to prepare for motherhood and, most importantly, understand and appreciate just how amazing you and your baby both are!

*Fearless Birthing*

*Pregnancy, Birth and the 4th Trimester*

*Your Complete Guide to a Positive Hypnobirthing Experience*

*A New Approach to Pregnancy, Birth and the Early Weeks*

*The Modern Midwife's Guide to Pregnancy, Birth and Beyond*

*The Hypnobirthing Book*

*Confident Birth*

*A new approach to pregnancy, birth and the early weeks*

*Male midwife Mark Harris shares his invaluable experience and first-hand insight, man-to-man, in a practical and honest guide to pregnancy, childbirth and beyond.*

*NAMED A BOOK OF THE YEAR BY THE ECONOMIST AND ONE OF THE BEST BOOKS OF 2021 BY THE TIMES AND THE SUNDAY TIMES "Irreversible Damage . . . has caused a storm. Abigail Shrier, a Wall Street Journal writer, does*

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*something simple yet devastating: she rigorously lays out the facts."*  
—Janice Turner, *The Times of London* Until just a few years ago, gender dysphoria—severe discomfort in one’s biological sex—was vanishingly rare. It was typically found in less than .01 percent of the population, emerged in early childhood, and afflicted males almost exclusively. But today whole groups of female friends in colleges, high schools, and even middle schools across the country are coming out as “transgender.” These are girls who had never experienced any discomfort in their biological sex until they heard a coming-out story from a speaker at a school assembly or discovered the internet community of trans “influencers.” Unsuspecting parents are awakening to find their daughters in thrall to hip trans YouTube stars and “gender-affirming” educators and therapists who push life-changing interventions on young girls—including medically unnecessary double mastectomies and puberty blockers that can cause permanent infertility. Abigail Shrier, a writer for the *Wall Street Journal*, has dug deep into the trans epidemic, talking to the girls, their agonized parents, and the counselors and doctors who enable gender transitions, as well as to “detransitioners”—young women who bitterly regret what they have done to themselves. Coming out as transgender immediately boosts these girls’ social status, Shrier finds, but once they take the first steps of transition, it is not easy to walk back. She offers

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*urgently needed advice about how parents can protect their daughters. A generation of girls is at risk. Abigail Shrier's essential book will help you understand what the trans craze is and how you can inoculate your child against it—or how to retrieve her from this dangerous path. Everything you wanted to know but were too embarrassed to ask – a guide to pregnancy and birth straight from the midwife's mouth. Winner of the Gold and Consumer Choice award at the Mumii Best Baby and Toddler Gear Awards 2017 Mum to four little girls and midwife to many, Clemmie Hooper wants to share her knowledge, wisdom and stories about pregnancy, birth and mothering young children that aren't so widely talked about – straight from the midwife's mouth. From how to prevent tearing during birth to what you really need in your labour bag, Clemmie reveals everything pregnant women and new mums need to know with a good dose of humour and wit.*

*Discover your roadmap to a positive birth! A positive birth comes in many forms – for some it's an early effective epidural for another it's a serene water birth or a calm planned cesarean. What we know for sure is that a positive birth is defined by YOU – not your best friend, Mom or even your OB or Midwife. The award winning GentleBirth program combines brain science, birth science and technology so you can feel inspired, excited and uplifted every day of your pregnancy – and beyond! Every woman wants a safe, positive gentle birth – for*

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*themselves and for their baby. Midwife, GentleBirth Founder and positive birth expert Tracy Donegan shows you how as she guides you step by step including the following: Practical tools to prepare you and your partner for a positive birth - as defined by YOU! Use brain science to reduce pain and fear in labor. Discover the ultimate stress reduction toolkit of techniques of simple meditation, hypnosis and sport psychology. Train your brain for confidence and resilience - long after your baby arrives Learn breathing techniques that work. Navigate your options with confidence for a GentleBirth for you and your baby.*

*How to Grow a Baby and Push It Out*

*The Water Birth Book*

*The Calm Birth School*

*The Positive Breastfeeding Book*

*Bump*

*Updated With New Material*

*Why the Conventional Pregnancy Wisdom Is Wrong--and What You Really Need to Know*

*Birthing Outside the System*

Discover a modern holistic hypnobirthing book for every woman and every type of birth beautifully illustrated, practical guide to hypnobirthing provides you with the skills and to make any birth feel safe, calm, connected, and empowering - however you choose t

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your babies into the world. Whether you're trying to get pregnant, just found out you're pregnant, or well into your third trimester, this birthing book completely demystifies hypnobirthing, making it accessible and relevant for any mom-to-be. Anthonissa Moger (Hypnobirthing Midwife) reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. This step-by-step guide enables you to embark on the benefits of hypnobirthing and create a safe space for you and your baby to return to time and again. Learn how to integrate body and mind throughout your pregnancy and birth with techniques such as deep relaxation, meditation, visualization and breathwork exercises. Achieve the Birth You Want - For You and Your Baby Whether you're having a natural birth or assisted birth, this mindful pregnancy book will help every woman take control of their labor for a calm, connected, and positive birth. It's the perfect guide for expecting moms who are looking for advice and techniques for a stress-free pregnancy. 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 seed your 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. Discover how the environment you give birth in, your mindset and your expectations can in

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the kind of birth you have, and be inspired by the voices of real women, who tell you 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. THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY WOMAN AND EVERY TYPE OF BIRTH. AS FEATURED ON DRAGONS' DEN. 'Siobhan manages to completely demystify hypnobirthing, making it accessible and relevant to all women and all types of births. This book will be a complete game changer and I will be recommending it to my friends and family from now on' Sarah Turner, author of The Unmumsy Mum Expert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way women around the world approach and experience birth. Through her teaching she seeks to educate and empower women - and their birth partners - so that they can enjoy amazing and positive birth experiences, however they choose to bring their babies into the world. In this book, Siobhan debunks common myths about hypnobirthing and explains why she believes it can make every type of birth a better experience - from a natural birth at home to an unplanned caesarean in theatre. So, what is hypnobirthing? Essentially, it's a form of antenatal education, an approach to birth that is both evidence-based and practical. 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).

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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.

Women have an innate ability to give birth, a knowledge that has been acquired through thousands of years of evolution. Yet all too often fear and stress can get in the way of the natural process of childbirth. In this inspiring new book, Susanna Heli, an experienced doula and physiotherapist, shows how childbirth can be transformed by understanding how fear can affect birth and how it is possible to overcome it by using four simple, dynamic and effective tools to rediscover the inner power to give birth. The tools are equally effective whichever type of birth you choose, and whether or not you have given birth before. A birth partner can play a key role in preventing worry and fear during birth. The book offers practical advice to help the birth partner support the labouring woman. Confident Birth gives you and your birth partner all the tools you need to cope with the challenges of childbirth, and make it an empowering and positive experience.

How to make, grow and birth a baby

Your no-nonsense guide to pregnancy and birth

Finding the Positive and Profound in Your Childbirth Experience

The Doula Advantage

Holistic Hypnobirthing

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The Positive Birth Book

The Lottery

POSITIVE BIRTH BOOK

*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*

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*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. Drawing on a landmark study involving more than one hundred pregnant women and mothers, a renowned OB/GYN synthesizes the secrets to a good birth—medically and emotionally. Most doctors are trained to think of a "good" birth only in terms of its medical success. But Dr. Anne Lyerly knows firsthand that there are many other important elements that often get overlooked. Her three-year study of a diverse group of over one hundred expectant moms asked what matters most to women during childbirth. The results, presented to the public for the first time in A Good Birth, show what really matters goes beyond the clinical outcome or even the usual questions of hospital versus birthing center, and reveal universal needs of women, like the importance of feeling connected, safe, and respected. Bringing a new perspective to childbirth, the book's wisdom is drawn from in-depth interviews with women with a wide variety of backgrounds and experiences, and whose birth stories range from quick and simple to complicated and frightening. Describing what went well, what didn't, and what they'd do differently next time, these mothers give voice to the complete experience of childbirth, helping both women and their*

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*healthcare providers develop strategies to address the emotional needs of the mother, going beyond the standard birth plans and conversations. Transcending the "medical" versus "natural" childbirth debate, A Good Birth paves the entryway to motherhood, turning our attention to the deeper and more important question of what truly makes for the best birth possible.*

*The Waterbirth Book is the comprehensive guide to all aspects of waterbirth and the use of water throughout pregnancy and during infancy.*

*No matter how you birth your baby, feel calm and safe with hypnobirthing "This woman is a great healer and birth expert. This book will be brilliant." Russell Brand Your Baby, Your Birth is a truly modern hypnobirthing book for ALL births. In-demand hypnobirthing coach Hollie de Cruz provides you with the skills and tools to make any birth feel safe, calm, connected and empowering. Drawing on her experience working with new mums, including Fearné Cotton and Giovanna Fletcher, Hollie de Cruz helps you prepare for a positive (not 'perfect') birth experience and approach motherhood with confidence in yourself and your instincts. Your Baby, Your Birth will teach you: - That birth is safe - listen to your body, embrace the changes, prepare your mind and relax during pregnancy - Exercises and breathing techniques for labour and birth for you and your birth*

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*partner, along with guided meditations to keep you calm and engaged - How to trust your instincts, understand your body and baby, and make informed decisions throughout your pregnancy and beyond* Hollie de Cruz, creator of the award-winning yesmum positive affirmation cards, is renowned for demystifying hypnobirthing and her down-to-earth, realistic approach is highly sought after. Whatever kind of birth you are planning, let Hollie de Cruz provide you with a set of deep relaxation, mindfulness and meditation tools for an empowering experience.

*A Good Birth*

*Insight and Stories from a Doula*

*Midwife Marley's Guide For Everyone*

*The Transgender Craze Seducing Our Daughters*

*Birth Book*

*The Calm Birth Method*

*Hypnosis and Mindfulness Techniques for a Calm and Confident Birth*

*The Happy Birth Book*

Imagine what it would feel like to not be completely freaked out about giving birth The Calm Birth School supports modern women to create positive birth experiences that make them want to shout from the rooftops for all the right reasons. You'll learn: The science behind why you don't have to give birth in agony. A mindset overhaul that leave

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you feeling positive about birth. Breathing techniques to enable you to deal with any stressful situation calmly and effectively: before, during and beyond birth. So if you are a control freak; scared out of your mind about giving birth; or you believe in your body but want to keep it real... This book is for you. Suzy Ashworth: pregnancy coach, hypnotherapist and psychotherapist with two children and a growing bump. She has a passion for showing women exactly why they can and should believe in themselves, empowering them to create mind-blowing birth experiences.

As the Covid-19 pandemic took hold, pregnancy and maternity services underwent a rapid transformation in an attempt to deal with transmission of the virus and the growing pressure on healthcare services. In a climate of fear, and with many unknowns about the virus and the risks to pregnant women and their babies, restrictions and hastily implemented policies often overrode years of work to improve maternity care, with devastating consequences for new families. Covid Babies: how pandemic health measures undermined pregnancy, birth and early parenting considers how policies put in place to protect us from the immediate threat of the virus ultimately had the unintended consequence of harming many who needed maternity and postnatal care. It highlights how hard-won gains, even when supported by overwhelming evidence, can be lost at the drop of a hat in a crisis. By learning the lessons of the pandemic – through close examination of the evidence base that is now emerging – Amy Brown shows how we can begin to move forward and unravel what has gone wrong. This is no easy task

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when our health services continue to face significant challenges, but one that is necessary to ensure the health and wellbeing of our new families and those who care for them.

"Birth is a natural and normal event and, while it can be unpredictable, this book will show you how you can make it a gentle and enjoyable experience. In The Calm Birth Method, hypnobirthing expert Suzy Ashworth helps you to build confidence in your body and its abilities, and shares practical techniques to support you so that, no matter what happens, you feel prepared."--Back cover.

The engaging and eye-opening story of how we and our ancestors entered the world. Through the frigid, blurry January weeks after George was born, I found myself suddenly housebound with time to ruminate - though not time to cook or take a shower. When George was peaceful, my mind returned to that nagging question: why is birth so hit and miss after all this time? I needed to put into perspective my own experience. I needed to know what other women, in other cultures, in other times had done. Birth is a book that will open the eyes of even the most informed experts on the subject. Cassidy looks at every aspect of childbirth - from fathers and mothers to doctors and widwives across the centuries - with admirable objectivity in a work that is utterly gripping, occasionally shocking and essential reading for the human race.

GentleBirth

A Critical Introduction

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A Data-Driven Guide to Better, More Relaxed Parenting, from Birth to Preschool

Ina May's Guide to Childbirth

Mindful Hypnobirthing

A revolutionary guide to pregnancy, birth and the weeks that follow

Clear Your Fears For a Positive Birth

Men, Love & Birth

**Doulas and midwives are increasingly popular options for childbirth; this book answers questions for those considering the help of a doula or midwife at birth. Take Control of Your Childbirth Experience New moms are spreading the word to pregnant women just like you: Doulas make pregnancy and childbirth the celebratory experience it is meant to be! Doulas are professionally trained women who provide support before, during, and after delivery. Research has shown that doulas help women have positive birth experiences, decrease the need for pain medication, improve breastfeeding success, and reduce the need for cesarean sections and other invasive procedures. Author Rachel Gurevich interviewed more than 235 women and birth professionals to bring you this best-kept pregnancy secret. Inside, you'll find real mothers' stories and discover how doulas make a joyful difference in childbirth. You'll learn:**

- The many ways doulas provide labor support, whether you plan a "natural" or medicated birth
- How to find, hire, and choose the right doula
- How specialized doulas can help you before or after the baby's birth
- How doulas help the dad-to-be
- And more!

Foreword by Mayer Eisenstein, M.D., medical

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**director, Homefirst Health Services Praise for The Doula Advantage : "Doulas really do make a difference in having a safe and satisfying birth, as you will learn in this book." — William Sears, M.D., coauthor, The Baby Book "Comprehensive, thought-provoking, and highly moving. . . . A must read for any woman thinking of using the services of a doula." — Ann Douglas, author, The Mother of All Pregnancy Books and The Mother of All Baby Books**

**If you're like me ... you've had at least some anxiety about being pregnant & giving birth. After talking with 100s of moms, these are the straightforward pieces of "pregnancy & birth" gold they wish they had known before giving birth- which, ironically, are some of the most important topics that are often never talked about. I've connected with 100s of top doctors, doulas, midwives & moms to have them teach you how to have an easier labor and healthy birth. Birth Book is full of candid conversations, true stories, important insights, and tips from top doctors and moms. They open up, get real and share with you what 100s of moms and over 70 combined years of "giving birth" experience has taught them about childbirth. Their knowledge becomes yours, so you can have an easier labor & healthy birth with your baby! You'll also see the best research & medical evidence on giving birth. A lot of pregnancy books talk about "giving birth." Birth Book actually shows you "how to have a healthy birth" and gives you the evidence to back it up (evidence is from the most trusted medical research institutions in the world: US Cochrane Center at the Johns Hopkins Bloomberg School of Public Health, National Institute of Health and**

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**the Journal of Perinatal Education). How To Be Relaxed, Calm & Confident In Labor & When Giving Birth Dr. Bethany Hays (OB/GYN, mom of 3) teaches you: 1. Why you're more capable than you think you are when giving birth 2. What the secret to an easier labor & birth might be & how to have one (with examples) 3. The truth about normal birth 4. An easy 4-part nutrition plan during pregnancy you won't forget 5. What she'd expect out of her own daughter's OB/GYN How To Be Fearless During Pregnancy & When Giving Birth Dr. Stuart Fischbein (OB/GYN, dad of 4) teaches you: 1. Why giving birth doesn't need to be feared 2. The 2 most important things to do for your entire pregnancy & birth 3. Why a doula is a must & how "you're far less likely to have [unwanted] interventions or need a C-section if you..." OB/GYN or Midwife? How To Choose the Best Doctor or Midwife For You During Pregnancy Kate Glynn (mom of 2) teaches you: 1. How to find an OB/GYN or Midwife who supports you during pregnancy, believes in you, encourages you & advocates for you as you're giving birth. She shares her true story so you can avoid her bad experience with doctor #1 and have her amazing experience with doctor #2. 2. The 5 most important questions to ask any provider during pregnancy. How to Have Less Pain in Labor {even if you're getting an epidural} Michelle VanOudenallen (mom of 2) teaches you: 1. How to have less pain in labor and when giving birth 2. How to speed up labor. (specific techniques & walks you through why they're so effective) 3. The secret to breathing so you can relax and avoid wondering "am I doing this right?" You'll also hear true stories & important tips for when you're in labor, like: how one mom went**

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**from being flustered in labor to giving birth confidently, without complications. Giving birth isn't easy. But it's easier when you know what to do that works. Birth Book helps moms have an easier labor & healthy birth. It can help you too! Want to learn more? Buy it now!**

**Cribsheet**