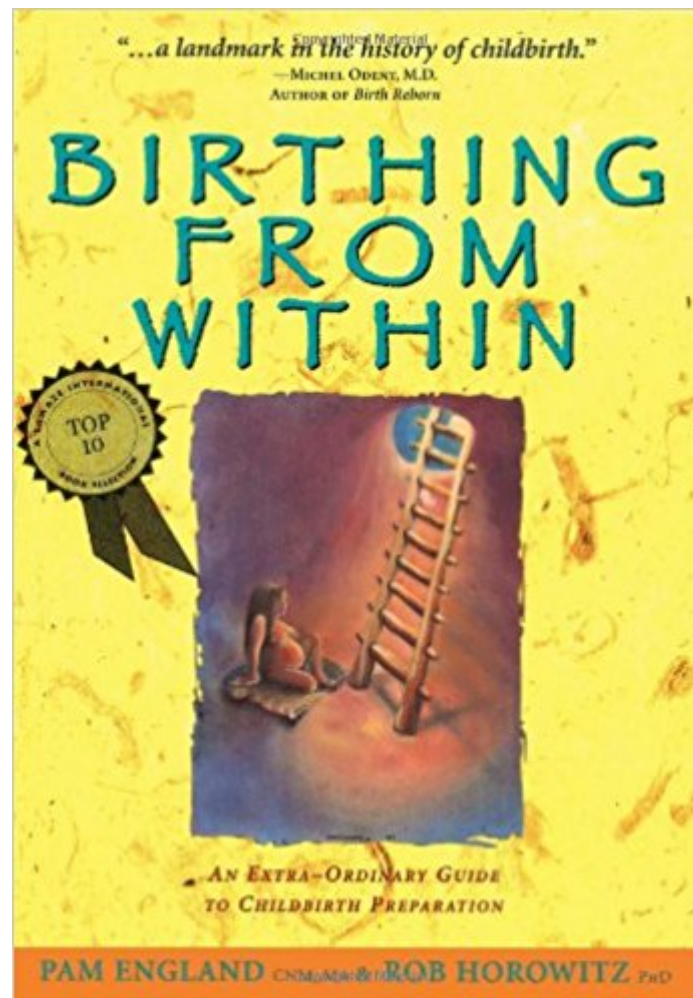




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# Birth From Within: An Extra-Ordinary Guide To Childbirth Preparation



## Synopsis

Here is a holistic approach to childbirth that examines this profound rite-of-passage not as a medical event but as an act of self-discovery. Exercises and activities such as journal writing, meditation, and painting will help mothers analyze their thoughts and face their fears during pregnancy. For use during birth, the book offers proven techniques for coping with labor pain without drugs, a discussion of the doctor or midwife's role, and a look at the father's responsibilities.

Childbirth education should also include what to expect after the baby is born. Here are baby basics, such as how to bathe a newborn, how to get the little one to sleep, and tips for getting nursing off to a good start. Pregnancy, birth, and postpartum is a process of continuous learning and adjustment; Birthing From Within provides the necessary support and education to make each phase of birthing a rewarding experience.

## Book Information

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## Customer Reviews

England, a registered nurse and certified nurse midwife, developed the "birthing from within" approach in a series of birthing classes to help mothers reclaim and celebrate the spiritual, emotional, and psychological aspects of birth as a rite of passage. Her book is a collection of methods that have been used for class participants. England is quick to point out that this "is not a script or a rigid method," and she encourages parents and professionals to use those portions that are helpful. There are numerous exercises and activities to help parents, especially mothers, be in contact with their bodies and feelings. The author recommends throughout that the mother and her

healthcare professional work together, giving numerous suggestions for making this a successful partnership. England has done a fair amount of research and does include numerous references; at the same time, she makes it a very personal book. It will appeal especially to patrons interested in alternative birthing methods. For large consumer health/patient education collections. [For another title recommending a more spiritual approach to childbirth, see Ronald L. Cole's *The Gentle Greeting*, LJ 6/1/98. Ed.] Mary J. Jarvis, Methodist Hosp. Medical Lib., Lubbock, T.- Mary J. Jarvis, Methodist Hosp. Medical Lib., Lubbock, TX Copyright 1998 Reed Business Information, Inc.

“Deeply thought out and derived from experience.” • Mothering Magazine

Great book for expectant parents. Well worth carving out the time to do the exercises, but be aware there are many exercises. This book has been around a long time, worth looking for a used copy (not because it isn't worth \$12, but because \$12 could go to saving for a nice soft-structured baby carrier instead -- not a Bjorn, a Becco or Ergo or BabyHawk or something). I use this and "The Birth Partner" in my childbirth education classes most of the time; I have been teaching since 2007, and it works on the emotional level in a way most other programs (excepting some really good hypno programs) don't. Best wishes in your pregnancy and Birth!

I really enjoyed reading this book. It helped to relieve some of my anxiety about going into labor and had some good ideas about dealing with stress and nervousness. It helped to reinforce my belief that our bodies are amazing and inherently know what to do and that I can give birth naturally. Some concepts were a little out there, even for me, and I feel like I am a pretty crunchy person. It is worth the read in my opinion, and you can utilize whatever parts you find helpful.

This book is great! I wish I would have had it with my first natural birth. It's so reassuring and helpful at relieving the anxiety of child birth. It also has tons of info for birthing partners to help them understand the process of labor and delivery with some great tips on how to react to situations. The author explains everything from cesarean births, to epidurals, to an unmedicated home birth. Do note that this is absolutely pro natural birth... it's encouraging, empowering, and a must read!

I knew long before I had children that I wanted a natural labor. Once I got pregnant I scoured books and the internet for any information I could get my hands on. I read this book towards the end of my pregnancy and it was by far one the best resources I found. The book does contain some art

activities that I wasn't quite so interested in but aside from that the book is filled with good information. As a first time mother I appreciated all it had to offer. With my second pregnancy I did not do my reading and went in with an "I've done this" attitude. Big mistake! If I get pregnant again, I will definitely be pulling this book out before the baby comes!

This book was very insightful and I ended up using it as a guide for journaling about my fears related to childbirth. It gave me a lot to think about and work out in my mind as I prepare for the birth of my first child. It carries over the general be calm theme of many natural childbirth methods but also calls upon the reader to explore their fears and apprehensions. Well worth reading.

Great read! This book is a necessary read for mothers-to-be that get too caught up in the medical sense of giving birth and lose sight of the fact that women were MADE to successfully give birth without the use of what the modern world brings (though those things are not "discouraged")! Book arrived in perfect condition. Very please with my order!

I truly believe this book is the reason I was able to deliver without drugs. A lot of it is pretty crunchy and geared towards doing a home birth, but the chapters on pain management techniques kept running through my head as I labored in the hospital. The section in this book talking about "when you're almost there- but don't know it" was invaluable and got me successfully through transition to pushing! Even if you're not necessarily looking to labor without drugs, this is an excellent resource for getting you through active labor, understanding the process of labor, what's normal and what's not, and just generally mentally preparing you to give birth!

Although I haven't yet given birth to my first child (any day now!) I feel like I am really prepared, both from a spiritual and physical standpoint, for this momentous occasion. Having spent many hours worrying about how I would ever deal with having my own baby even before I got pregnant, especially with the way births are portrayed in many books and movies, my excitement at seeing the positive pregnancy test was soon tinged with trepidation. But this book really touched my heart, as it helped me to not only understand birth but also myself better. Although I would like to try to have a natural birth, a vision which has expanded through this book, I also feel prepared to accept the possibility that I may need medical intervention or a C-section. This is huge for me, as I long imagined that I would be disappointed and devastated if my birth didn't go the way I had hoped. The book also has great tips for your spouse or support person/people and many great exercises that

you can do together. As a bonus, my husband and I took a course based on this book at a local birthing center called Harmony (in Campbell, California) and it was even more interesting and rewarding to go through the projects and main topics with a leader and three other couples. Very much recommended!!!

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