

## Birthing Within Extra Ordinary Childbirth Preparation

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

Book discusses VBAC (vaginal birth after caesarean).

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

The ultimate guide for anyone wondering how President Joe Biden will respond to the COVID-19 pandemic—all his plans, goals, and executive orders in response to the coronavirus crisis. Shortly after being inaugurated as the 46th President of the United States, Joe Biden and his administration released this 200 page guide detailing his plans to respond to the coronavirus pandemic. The National Strategy for the COVID-19 Response and Pandemic Preparedness breaks down seven crucial goals of President Joe Biden's administration with regards to the coronavirus pandemic: 1. Restore trust with the American people. 2. Mount a safe, effective, and comprehensive vaccination campaign. 3. Mitigate spread through expanding masking, testing, data, treatments, health care workforce, and clear public health standards. 4. Immediately expand emergency relief and exercise the Defense Production Act. 5. Safely reopen schools, businesses, and travel while protecting workers. 6. Protect those most at risk and advance equity, including across racial, ethnic and rural/urban lines. 7. Restore U.S. leadership globally and build better preparedness for future threats. Each of these goals are explained and detailed in the book, with evidence about the current circumstances and how we got here, as well as plans and concrete steps to achieve each goal. Also included is the full text of the many Executive Orders that will be issued by President Biden to achieve each of these goals. The National Strategy for the COVID-19 Response and Pandemic Preparedness is required reading for anyone interested in or concerned about the COVID-19 pandemic and its effects on American society.

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,

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the epidemiology of social and clinical risks in pregnancy and childbirth, birth settings research, and access to and choice of birth settings.

There is a distinct hint of Armageddon in the air. According to The Nice and Accurate Prophecies of Agnes Nutter, Witch (recorded, thankfully, in 1655, before she blew up her entire village and all its inhabitants, who had gathered to watch her burn), the world will end on a Saturday. Next Saturday, in fact. So the armies of Good and Evil are amassing, the Four Bikers of the Apocalypse are revving up their mighty hogs and hitting the road, and the world's last two remaining witch-finders are getting ready to fight the good fight, armed with awkwardly antiquated instructions and stick pins. Atlantis is rising, frogs are falling, tempers are flaring. . . . Right. Everything appears to be going according to Divine Plan. Except that a somewhat fussy angel and a fast-living demon -- each of whom has lived among Earth's mortals for many millennia and has grown rather fond of the lifestyle -- are not particularly looking forward to the coming Rapture. If Crowley and Aziraphale are going to stop it from happening, they've got to find and kill the Antichrist (which is a shame, as he's a really nice kid). There's just one glitch: someone seems to have misplaced him. . . . First published in 1990, Neil Gaiman and Terry Pratchett's brilliantly dark and screamingly funny take on humankind's final judgment is back -- and just in time -- in a new hardcover edition (which includes an introduction by the authors, comments by each about the other, and answers to some still-burning questions about their wildly popular collaborative effort) that the devout and the damned alike will surely cherish until the end of all things.

Even childbirth is affected by globalization—and in India, as elsewhere, the trend is away from home births, assisted by midwives, toward hospital births with increasing reliance on new technologies. And yet, as this work of critical feminist ethnography clearly demonstrates, the global spread of biomedical models of childbirth has not brought forth one monolithic form of "modern birth." Focusing on the birth experiences of lower-class women in the South Indian state of Tamil Nadu, *Birth on the Threshold* reveals the complex and unique ways in which modernity emerges in local contexts. Through vivid description and animated dialogue, this book conveys the birth stories of the women of Tamil Nadu in their own voices, emphasizing their critiques of and aspirations for modern births today. In light of these stories, author Cecilia Van Hollen explores larger questions about how the structures of colonialism and postcolonial international and national development have helped to shape the form and meaning of birth for Indian women today. Ultimately, her book poses the question: How is gender—especially maternity—reconfigured as birth is transformed?

Based on the Book of Genesis, Dinah shares her perspective on religious practices and sexual politics.

More and more parents-to-be all over the world are choosing the comfort and reassuring support of birth with a trained labor companion called a "doula." This warm, authoritative, and irreplaceable guide completely updates the authors' earlier book, *Mothering the Mother*, and adds much new and important research. In addition to basic advice on finding and working with a doula, the authors show how a doula reduces the need for cesarean section, shortens the length of labor, decreases the pain medication required, and enhances bonding and breast feeding. The authors, world-renowned authorities on childbirth with combined experience of over 100 years working with laboring women, have made their book indispensable to every woman who wants the healthiest, safest, and most joyful possible birth experience.

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

The main aim of this practical Handbook is to strengthen counselling and communication skills of skilled attendants (SAs) and other health providers, helping them to effectively discuss with women, families and communities the key issues surrounding pregnancy, childbirth, postpartum, postnatal and post-abortion care. The MNH Counselling Handbook is chiefly designed to be used by groups of SAs with the help of a facilitator. It can also be used by individual SAs who can get together with colleagues for discussions and activities where needed. It relies on a self-directed learning approach, allowing SAs to work at their own pace, drawing on their past counselling experience. The way it is used will be determined by each country's context, and the SAs preference. The MNH Counselling Handbook is divided into three main sections. Part 1 is an introduction which describes the aims and objectives and the general layout of the Handbook. Part 2 describes the counselling process and outlines the six key steps to effective counselling. It explores the counselling context and factors that influence this context including the socio-economic, gender, and cultural environment. A series of guiding principles is introduced and specific counselling skills are outlined. Part 3 focuses on different maternal and newborn health topics, including general care in the home during pregnancy; birth and emergency planning; danger signs in pregnancy; post-abortion care; support during labour; postnatal care of the mother and newborn; family planning counselling; breastfeeding; women with HIV/AIDS; death and bereavement; women and violence; linking with the community. Each Session contains specific aims and objectives, clearly outlining the skills that will be developed and corresponding learning outcomes. Practical activities have been designed to encourage reflection, provoke discussions, build skills and ensure the local relevance of information. There is a review at the end of each session to ensure the SAs have understood the key points before they progress to subsequent sessions.

The most remarkable natural childbirth technique to have been developed in decades. Marie Mongan takes the pregnant woman through the techniques and philosophy of a new form of gentle birthing. Drawing on self-hypnosis, guided imagery and special breathing techniques the Hypnobirthing Method can bring about a shorter, easier, more enjoyable birth, free of the drugs that can harm the mother and the baby. It also allows the mother to fully control her own birthing experience as the mother remains awake, aware and alert.

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.

Jim Grimsley's novels and short stories have been favorably compared to the works of Samuel

R. Delany, Jack Vance, and Ursula K. Le Guin. Now he unleashes an ambitious and audacious collision between science and magic. The Twil Gate links two very different realms. On one side of the portal is Senal, an advanced technological civilization of some thirty billion inhabitants, all cybernetically linked and at war with machine intelligences many light-years away. On the other side is Irion, a land of myth and legend, where the world is flat and mighty wizards once ruled. Jedda Martele is a linguist and trader from Senal. Although fascinated by the languages and cultures of Irion, she shares her people's assumption that Irion is backward and superstitious and no match for her homeland's superior numbers and technology. But as the two realms march inevitably toward war, Jedda finds herself at the center of historic, unimaginable events that will challenge everything she has ever believed about the world---and herself. The Ordinary is a powerful and entrancing tale of magic, science, and the mysterious truth that binds them together. At the Publisher's request, this title is being sold without Digital Rights Management Software (DRM) applied.

Ina May 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.

As featured on BBC Radio 5 Live Birth is a feminist issue. It's the feminist issue nobody's talking about.

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.

"Britta, you are a master at what you do." —P!NK, Grammy-winning singer-songwriter As expecting parents, you're bombarded with more information—and opinions—than ever about the "right" approach to pregnancy and childbirth. How do you navigate this ocean of information—not only to find the best practical solutions for you personally, but also to embrace this incredible opportunity for emotional and spiritual transformation that comes from bringing a child into this world? With Transformed by Birth, Dr. Britta Bushnell has created the transformative, intelligent, and empowering pregnancy and childbirth guide you've been waiting for. This book embraces birth as a metamorphic experience—a rite of passage in which you are initiated by opening to the unbidden, embodying your own wisdom, and gaining freedom from limiting beliefs. Our culture has inundated us with limiting ideals that prevent us from fully engaging in the journey of pregnancy and childbirth—including a need for control and certainty, vilification of pain, and reverence for technology and intellectual knowledge, among others. Dr. Bushnell helps you clear away unwanted beliefs and behaviors so you can open to the meaning and power of this uniquely life-changing experience. Here she offers daily practices, rituals, exercises, and more to help you cultivate resilience, power, and connection during this transformative time. Childbirth is more than just having a baby. Transformed

by Birth invites you to discover childbirth as a transformational experience that alters your knowing of who you are and lasts long after pregnancy and birth are over. Why do so many American women allow themselves to become enmeshed in the standardized routines of technocratic childbirth--routines that can be insensitive, unnecessary, and even unhealthy? Anthropologist Robbie Davis-Floyd first addressed these questions in the 1992 edition. Her new preface to this 2003 edition of a book that has been read, applauded, and loved by women all over the world, makes it clear that the issues surrounding childbirth remain as controversial as ever.

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.

Designed to transform the experience of childbirth, this manual calls upon the use of the timeless and powerful symbol of the labyrinth in 12 simple meditations and ceremonies. Ideal as a tool for centering the self and calming the body and mind, this guide ushers readers through the inner journey of the childbearing year—from pregnancy and labor through the postpartum stage. A variety of labyrinths—including four childbirth-related labyrinths from the Hopi and Papago cultures in the American Southwest and two others from India—are presented in this handbook and cover topics that include helping mothers focus on their emotional and spiritual state preparation for birth, aid in calming the mind and steadying breathing during birth, and allowing parents to fully process their experiences. Instructions for drawing a classic labyrinth, ideas for personalizing the design, and labyrinth "seeds"—start-up patterns for six variations of labyrinth—are also included. The timeless and powerful symbol of the labyrinth forms the core of this collection of 12 simple meditations and ceremonies designed to transform the experience of childbirth. The inner journey through the childbearing year—from pregnancy through labor and postpartum stages—is enhanced through the use of labyrinths as a tool for meditation and centering. Studies show that walking or finger-tracing a labyrinth slows down and balances brain waves, calms the body and mind, and helps access intuitive knowing. During pregnancy, labyrinth meditations help the mother focus on her emotional and spiritual preparation for birth and mothering. In labor, the labyrinth helps to calm the mind, steady the breath, and ease pain. Postpartum, the Birth Story Labyrinth helps parents process and integrate their experience in labor. A variety of labyrinths—including four childbirth-related labyrinths from the Hopi and Papago cultures in the American Southwest and two others from India—are presented in this handbook. Instructions for drawing a classic labyrinth, ideas for personalizing the design, and labyrinth "seeds"—start-up patterns for six variations of labyrinth—are also included. The labyrinth meditations and rituals may be practiced privately or may be used to enrich mother blessing ceremonies and baby showers.

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The integrative model of childbirth described in this book will provide women with the information needed to prepare for birth, how to think and feel about labor, and how to tell their story. During their childbearing year, women traverse two paths at once: an inner path of psychological and spiritual awareness and an outer path of practical approaches to birth in modern-day culture. The book combines scientific research with meditation, ceremony, art, and mythic stories, which not only prepares childbearing women to go beyond their edge into uncharted territory but to find their way home again. The underlying message throughout is not to strive for a perfect birth but to be mindful of the mythic journey, of all the mothers who have come before an awareness that leads not only to the birth of a child but to the birth of a new self."

Written by two birth doulas and intuitive healers, this book tells the metaphorical story of a fictional goddess who must walk through 7 Gates of Transformation in order to become a Mother. At the final gate, she must surrender to the ultimate sacrifice—spiritual death—so she can be reborn into motherhood. Each gate perfectly illustrates the 7 emotional, psychological, and often subconscious sacrifices that every laboring woman experiences, whether willingly or not. This book is a guide to help pregnant women understand birth as a divine journey and master how to walk through each gate with empowered sacrifice, purpose, and zeal through tools, rituals, and integrative practices.

Despite the amazing amount of knowledge, training, and learning materials available to pregnant people, parents frequently emerge from the birth experience feeling lost - like they were lacking a map to navigate the transformation, uncertainty, and soul opening that would accompany childbirth, as well as a map for processing and integrating their experience afterward. This book will take you on a hunting expedition - a journey through your psyche, your mind, and the many experiences you have lived up until this moment. It will help you access a deep well of knowledge that you couldn't find in a whole library full of books, and open doors to new ways of being and doing. It will help you navigate your birth experience, and come out the other side more emotionally intact, regardless of the specific events of your birth. Regardless of where or how you're hoping to give birth, this book will take you beyond the external noise, advice, stories, and dogma around childbirth to help you build a pain coping mindset, cultivate self-love, connect with your partner and community, engage in ritual and ceremony, find your voice, foster resilience, develop psychological flexibility, gain clarity on your internal and external resources, access inner wisdom, identify limiting beliefs, grow your Parent Archetype, and heal your mind and body after birth. Every parent deserves compassionate guidance and mentoring as they prepare to be initiated by birth. Your courage, efforts, and reflections in your journal will help you navigate the unknown and come through this rite of passage with resolve and self-compassion, no matter how your birth unfolds.

In this book, we have hand-picked the most sophisticated, unanticipated, absorbing (if not at times crackpot!), original and musing book reviews of "Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation." Don't say we didn't warn you: these reviews are known to shock with their unconventionality or intimacy. Some may be startled by their biting sincerity; others may be spellbound by their unbridled flights of fantasy. Don't buy this book if: 1. You don't have nerves of steel. 2. You expect to get pregnant in the next five minutes. 3. You've heard it all.

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. • A bibliography of unassisted childbirth resources

As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birth—it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. The Thinking Woman's Guide to a Better Birth helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers: Cesareans Breech babies Inducing labor Electronic Fetal Monitoring Rupturing Membranes Coping with slow labor Pain medication Epistiotomy Vaginal birth after a Ceasarean Doulas Deciding on a doctor or midwife Choosing where to have your baby and much more . . .

A former nurse chronicles her journey into midwifery, from her dissatisfaction with formulaic delivery room procedures in the 1960s to her eventual career as a "baby catcher," and chronicles her diverse birth experiences, the women she has encountered along the way, and role of midwifery in the United States. Reprint.

Why does the right dominate debates on crime, family values, and economic freedom? Why does the left defend such arbitrary and divisive aspects of affirmative action, while equivocating on questions of ecology and political empowerment for young people? The answer, Cummings believes, is that too many progressives have avoided politically sensitive issues, condemning themselves to intellectual atrophy and political ineffectiveness. Cummings clearly is not an advocate for the "self-serving, hypocritical right." But he contends that the left handicaps itself with political correctness, and that frank analysis of taboo topics requires us to move beyond the traditional dichotomy of left and right. With passion and rigor, he argues for a transformation of U.S. culture and institutions that will enable individuals to pursue their vital interests without impinging on the rights of others and undermining the public good.

More than 30 years ago, the Institute of Medicine (IOM) and the National Research Council (NRC) convened a committee to determine methodologies and research needed to evaluate childbirth settings in the United States. The committee members reported their findings and recommendations in a consensus report, Research Issues in the Assessment of Birth Settings (IOM and NRC, 1982). An Update on Research Issues in the Assessment of Birth Settings is the summary of a workshop convened in March, 2013, to review updates to the 1982 report. Health care providers, researchers, government officials, and other experts from midwifery, nursing, obstetric medicine, neonatal medicine, public health, social science, and related fields presented and discussed research findings that advance our understanding of the effects of maternal care services in different birth settings on labor, clinical and other birth procedures, and birth outcomes. These settings include conventional hospital labor and delivery wards, birth centers, and home births. This report identifies datasets and relevant research literature that may inform a future ad hoc consensus study to address these concerns. 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.

In this intimate perspective on birth, renowned author and photographer Suzanne Arms conveys the inherent wisdom in this natural process, through her eloquent words and pictures. From the Trade Paperback edition.

There is a global crisis in maternal health care for black women. In the United States, black women are over three times more likely to perish from pregnancy-related complications than white women; their babies are half as likely to survive the first year. Many black women experience policing, coercion, and disempowerment during pregnancy and childbirth and are disconnected from alternative birthing traditions. This book places black women's voices at the center of the debate on what should be done to fix the broken maternity system and foregrounds black women's agency in the emerging birth justice movement. Mixing scholarly, activist, and personal perspectives, the book shows readers how they too can change lives, one birth at a time.

While finishing her doctorate, Rebecca gave birth to her firstborn. But hospital practices and policies that were more than 20 years out of date left her with preventable complications. Join Rebecca as she exposes the stark realities of institutional care during childbirth and reveals inspirational solutions for parents and professionals alike.

These days, many mothers-to-be find themselves torn between the desire for a natural childbirth with minimal medical intervention and the peace of mind offered by instant access to life-saving technology that only a hospital can provide. In *Natural Hospital Birth*, doula Cynthia Gabriel asserts that there is no good reason that women in North America should not be able to have both. She shows expectant mothers what they can do to avoid unnecessary medical interventions and how to take initiative and consciously prepare for the kind of birth they want to have. Also included are inspiring stories from other women who know firsthand that natural birth in the hospital is possible. With this book, mothers-to-be will be equipped with the knowledge they need to ensure a satisfying hospital birth that

they will look back on with peace and joy.

The author is a childbirth educator and the founder of the International Active Birth Movement. This practical and compassionate handbook is designed to help women prepare for active childbirth.

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.

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