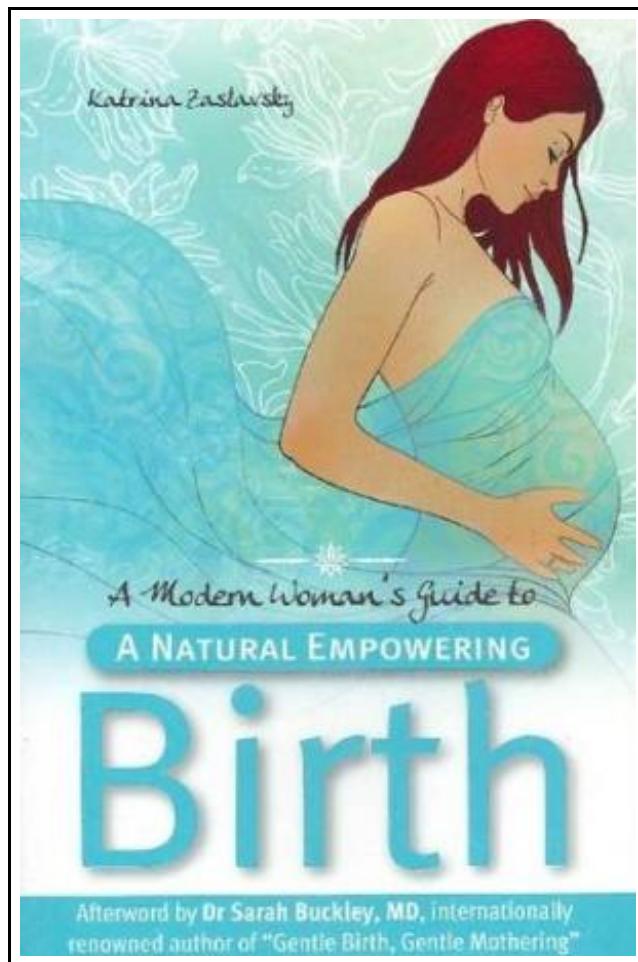


A Modern Woman's Guide to a Natural Empowering Birth



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Reviews

Excellent e-book and useful one. It can be really intriguing through looking at time period. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Pasquale Klocko)

A MODERN WOMAN S GUIDE TO A NATURAL EMPOWERING BIRTH

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Inspired Wellness, Australia, 2012. Paperback. Book Condition: New. 228 x 150 mm. Language: English . Brand New Book. A Modern Woman s Guide to a Natural Empowering Birth is a collection of inspiring birth stories, expert tips and practical insights to empower women to reclaim their birth power and overcome their fears in a modern world. Afterword by Dr Sarah Buckley MD, internationally acclaimed author of Gentle Birth, Gentle Mothering. Feeling anxious, alone or in the dark as a new mother to be? Where do you go to get your questions answered when you don t have any mothers as the wise woman to turn to, the doctor is too busy to inform you of your options or discuss the pros and cons of various drugs and procedures on the menu, and you read virtually every magazine in the waiting room before he/ she can see you for five minutes at a time? Meanwhile, random strangers decide it is their maternal duty to share their birth horror stories when they spot the bump and the hospital antenatal classes leave you feeling even more fearful and anxious than you were before you walked in! Just when you thought you couldn t bear to hear another horror story, along comes a fresh new book that is the answer to your prayers. Brimming with positivity, A Modern Woman s Guide to a Natural Empowering Birth offers inspiring birth stories, expert tips, practical tools and insights to reclaim your birth power and overcome your fears. More than just a random collection of stories, the author Katrina Zaslavsky, takes you on a powerful journey of discovery and gives you the keys to transforming your birth experience. Be empowered to experience the joy of natural birth on your own terms- Fear-Free, Drug- Free and maybe even...

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