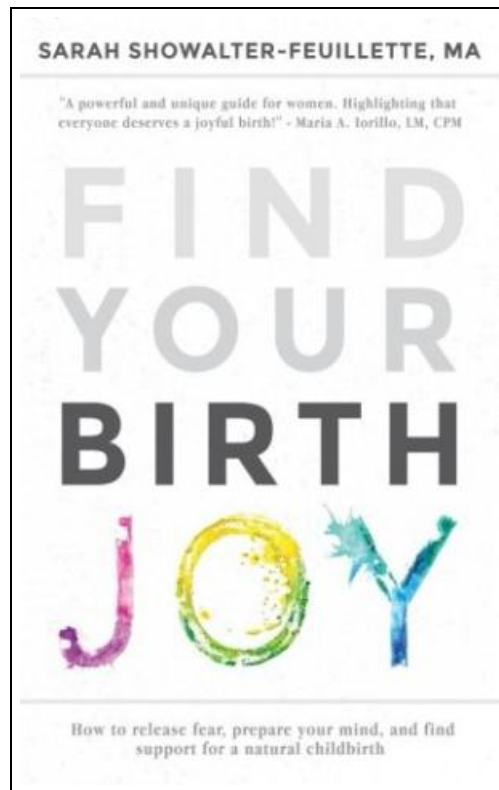


## Find Your Birth Joy: How to Release Fear, Prepare Your Mind, and Find Support for a Natural Childbirth (Paperback)



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*(Gavin Bosco IV)*

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Sarah Showalter-Feuillette, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Full of sage advice, practical tips, heartening stories and essential exercises, Find Your Birth Joy contains all the tools needed to come away with both your baby and a sense of your own incredible power. You, your baby, and your birth experience are wholly unique. Why shouldn't your preparation be as well? This sensible and lighthearted step-by-step guide offers 15 digestible tips all to set you up for one thing - To feel empowered by your labor and birth story. This is the cut-to-the-chase birth book with a fresh, modern perspective you've been looking for. Afraid of pain? Needing support? Looking for practical pregnancy, labor and birth tools? Working to stay positive? Wondering who-partners, parents, friends, doulas, midwives, doctors, nurses- should be present during the birth? Wanting to release anxiety and fear? Secretly hoping that if you prepare you might be one of those who experience a painless childbirth? Maybe even an orgasmic birth? Wishing someone could tell you what natural birth is actually like? Searching for community? In Find Your Birth Joy, you'll learn to craft and self-direct a birth experience unique to you, your baby and your specific needs and desires. You'll nurture your instincts, plan for the support you deserve, and learn how to consciously make decisions during pregnancy, labor, and birth, so you come away feeling in-control your birthing experience. With this autonomy, you can come out of birth with both your baby and a sense of your own incredible, exuberant power. Forget giving the authority of your body and power of your birth over to others - when you experience it to the fullest and own this incredible power, birthing your baby is...



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