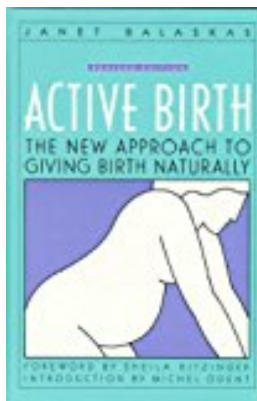


[PDF] Active Birth : The New Approach To Giving Birth Naturally, Revised Edition (Non)

Janet Balaskas - pdf download free book

**Books Details:**

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Description:

Review Active Birth contains a wealth of information for pregnancy, childbirth, and the postnatal period. -- *Midwest Book Review*

Clearly written, carefully documented, and copiously illustrated, this new edition celebrates the inherent wisdom on womens birthing instincts. It also serves up a complete course of preparation to

guide those of us who need to be reminded just how natural childbirth can be. -- *Adrienne Lieberman, author of Giving Birth and Easing Labor Pain*

Janet Balaskas captures the psychological essence of giving birth and the spirit of active participation so important to a woman's self-esteem during pregnancy and delivery. -- *Gayle Peterson, Ph.D., author of Birthing Normally and An Easier Childbirth*

From the Back Cover In an active birth, a mother moves about freely, finds comfortable positions for labor and delivery, and seldom needs drugs or obstetrical interventions. In *Active Birth*, Janet Balaskas teaches mothers to develop all of their bodily resources for giving birth, to follow their own instincts, and to take full control of their childbirth experience. *Active Birth* includes: Fully-illustrated exercise for a comfortable, energetic pregnancy, Massage for pregnancy and labor, Ways to create the ideal setting for an active birth in the hospital or at home, Positions for labor and birth, for maximum comfort and efficient contractions, The latest information about water birth, and how to plan one, Exercises for recovery and relaxation after birth, Helpful tips for partners and birth attendants. *Active Birth* will inspire and instruct those who want to give birth through their own efforts by following their own instincts. Penny Simkin, author of *Pregnancy, Childbirth, and the Newborn* An empowering approach to labor and birth. (Barbara Katz Rothman, author of *In Labor* and *Recreating Motherhood*)

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