
Birthing From Within

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JAEDEN TRAVIS

*Know All Your Options,
Discover the Natural
Choices, and Take
Back the Birth
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Books*

"Giving birth is the

pivotal moment of a woman's life but it is often treated as a medical procedure, and not as a rite of passage. Birthing from Within offers parents engaging and memorable ways for pregnant women, and their partners, to

activate personal, social and spiritual resources that will guide them through labour and afterwards. Many birth classes teach from the 'outside', from the perspective of the professional. Yet, knowledge of anatomy and the stages of labour can often seem irrelevant in the intensity of contraction. The pregnant woman needs to know about labour and birth from her own perspective, she needs to be prepared for birthing from within. Pam England offers a method that allows a woman to fully understand her own strengths and resources. The self-discoveries made during pregnancy makes birth life-enhancing and

empowers the future of the family. It is a multi-sensory and holistic approach that aims to make parents feel positively informed about what they are about to experience, confident about the birth of their child. Pain is an inevitable part of childbirth but Birthing from Within provides resources for building pain-coping confidence in parents. It gives detailed instructions on dealing with normal labour pain and when the humane use of drugs may be called for."--Cover.

The Big Book of Birth
Waveland Press
Childbirth is a quintessential family event that simultaneously holds great promise and runs the risk of danger. By the late nineteenth century, the birthing

room had become a place where the goals of the new scientific professional could be demonstrated, but where traditional female knowledge was in conflict with the new ways. Here the choice of attendants and their practices defined gender, ethnicity, class, and the role of the professional. Using the methodology of social science theory, particularly quantitative statistical analysis and historical demography, Charlotte Borst examines the effect of gender, culture, and class on the transition to physician-attended childbirth. Earlier studies have focused on physician opposition to midwifery, devoting little attention to the training for and actual practice of midwifery.

As a result, until now we knew little about the actual conditions of the midwife's education and practice. *Catching Babies* is the first study to examine the move to physician-attended birth within the context of a particular community. It focuses on four representative counties in Wisconsin to study both midwives and physicians within the context of their community. Borst finds that midwives were not pushed out of practice by elitist or misogynist obstetricians. Instead, their traditional, artisanal skills ceased to be valued by a society that had come to embrace the model of disinterested, professional science. The community that had previously hired midwives turned to

physicians who shared ethnic and cultural values with the very midwives they replaced.

Catching Babies

Sounds True

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.

[The Essential](#)

[Homebirth Guide](#)

Lioncrest Publishing

Birthing is a miraculous time when you and your baby will work together to bring about life. As you finally cradle your precious newborn in your arms, you should know deep in your soul that every decision that brought the two of you to this special moment was yours. More families than ever are choosing to birth at home.

Midwives Jane E.

Drichta and Jodilyn

Owen answer

questions about the kind of care, support, and information you need as you investigate whether this option is right for you. Birth can be an empowering and positive experience, and this book provides gentle guidance, with high regard for your wisdom and ability to successfully navigate your prenatal care, birth, and early mothering. Enriched with real birth stories from new mothers, *The Essential Homebirth Guide* offers thoughtful, compassionate advice on a wealth of birthing topics, including:

- Building a supportive homebirth community
- Caring for yourself and your baby from your pregnancy through the postpartum period •

- Communicating about your birthing plans with your midwife, your partner, and your family and friends •
- Deciding whether homebirth is safe for you •
- Educating yourself about common pregnancy-related issues •
- Preparing your home and your family for the big day

Training the Mind, Body, and Heart for Childbirth and Beyond

Birthing from Within: An Extraordinary Guide to Childbirth Preparation 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. *Birthing from Within* "Giving birth is the pivotal moment of a woman's life but it is often treated as a medical procedure, and not as a rite of passage. *Birthing from Within* offers parents engaging and memorable ways for pregnant women, and their partners, to activate personal, social and spiritual resources that will guide them through labour and afterwards. Many birth classes teach from the 'outside', from the perspective of the professional. Yet, knowledge of anatomy and the stages of labour can often seem irrelevant in the intensity of contraction. The

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detailed instructions on dealing with normal labour pain and when the humane use of drugs may be called for."--Cover.
Birthing From Within Keepsake Journal
This stunning sequel to Brigitte Jordan's landmark *Birth in Four Cultures* brings together the work of fifteen reproductive anthropologists to address core cultural values and knowledge systems as revealed in contemporary birth practices in Brazil, Greece, Japan, Mexico, the Netherlands, New Zealand, Tanzania, and the United States. Six ethnographic chapters form the heart of the book, three of which are set up as dyads that compare two countries; each demonstrates the power of

anthropology's cross-cultural comparative method. An additional chapter with ethnographic vignettes gives readers a feel for what fieldwork is really like on the ground. The eminently readable, theoretically rich chapters are enhanced by absorbing stories, photos, quotes, thought questions, and film suggestions that nudge the reader toward eureka flashes of understanding and render the book suitable for undergraduate and graduate audiences alike.

Birth Book Fresh Heart Publishing Gives expectant parents an overview of the options available, offering up-to-the-minute advice on such matters as physical and emotional

preparation, the father's role, avoiding a cesarean birth, and other information
Your Best Birth Hardie Grant Publishing
 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.

The Positive Birth Book
Little, Brown Medical
Division

Birthing from Within
An Extra-ordinary Guide to
Childbirth Preparation

*They're Born, Not
Delivered* Pinter &
Martin Publishers

Unique in supporting

all birthing methods, from at home births, to aquatic births. An obstetrician and doula combine their experience.

HypnoBirthing, Fourth Edition Simon and Schuster

Written by one of the world's leading obstetricians, this extraordinary book takes a totally fresh look at what parenting means in the 21st century. Addressing both parents, the book looks at all aspects of life, through the nine months of pregnancy and the following nine of the baby's life. It is both a practical handbook for pregnancy, birth and the early months of a new baby's life, and a stimulating exploration of this period of enormous transition.

Taking a holistic

approach, it advocates integrated health care, i.e. both conventional and complementary therapies, and, with its exhaustive medical content, including a 160- page A-Z section, also acts as a superb source of reference.

The Birth Space Harper Collins

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.

Babies Are Not Pizzas

Harvard Common Press

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.

Your Guide to a Safe, Satisfying, and Pleasurable Birth

Experience Harmony
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.

Nighttime and Naptime Strategies for the Breastfeeding Family
Routledge

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.

Transformed by Birth Birthing from Within San Antonio Book discusses VBAC (vaginal birth after

caesarean).

Sweet Sleep

HarperThorsons

If you're like me ...

you've had at least

some anxiety about

being pregnant &

giving birth. After

talking with 100s of

moms, these are the

straightforward pieces

of "pregnancy & birth"

gold they wish they

had known before

giving birth- which,

ironically, are some of

the most important

topics that are often

never talked about.

I've connected with

100s of top doctors,

doulas, midwives &

moms to have them

teach you how to have

an easier labor and

healthy birth. Birth

Book is full of candid

conversations, true

stories, important

insights, and tips from

top doctors and moms.

They open up, get real

and share with you what 100s of moms and over 70 combined years of "giving birth" experience has taught them about childbirth. Their knowledge becomes yours, so you can have an easier labor & healthy birth with your baby! You'll also see the best research & medical evidence on giving birth. A lot of pregnancy books talk about "giving birth." Birth Book actually shows you "how to have a healthy birth" and gives you the evidence to back it up (evidence is from the most trusted medical research institutions in the world: US Cochrane Center at the Johns Hopkins Bloomberg School of Public Health, National Institute of Health and the Journal of Perinatal Education).

How To Be Relaxed, Calm & Confident In Labor & When Giving Birth Dr. Bethany Hays (OB/GYN, mom of 3) teaches you: 1. Why you're more capable than you think you are when giving birth 2. What the secret to an easier labor & birth might be & how to have one (with examples) 3. The truth about normal birth 4. An easy 4-part nutrition plan during pregnancy you won't forget 5. What she'd expect out of her own daughter's OB/GYN

How To Be Fearless During Pregnancy & When Giving Birth Dr. Stuart Fischbein (OB/GYN, dad of 4) teaches you: 1. Why giving birth doesn't need to be feared 2. The 2 most important things to do for your entire pregnancy &

birth 3. Why a doula is a must & how "you're far less likely to have [unwanted] interventions or need a C-section if you..." OB/GYN or Midwife? How To Choose the Best Doctor or Midwife For You During Pregnancy Kate Glynn (mom of 2) teaches you: 1. How to find an OB/GYN or Midwife who supports you during pregnancy, believes in you, encourages you & advocates for you as you're giving birth. She shares her true story so you can avoid her bad experience with doctor #1 and have her amazing experience with doctor #2. 2. The 5 most important questions to ask any provider during pregnancy. How to Have Less Pain in Labor {even if you're getting an epidural}

Michelle VanOudenallen (mom of 2) teaches you: 1. How to have less pain in labor and when giving birth 2. How to speed up labor. (specific techniques & walks you through why they're so effective) 3. The secret to breathing so you can relax and avoid wondering "am I doing this right?" You'll also hear true stories & important tips for when you're in labor, like: how one mom went from being flustered in labor to giving birth confidently, without complications. Giving birth isn't easy. But it's easier when you know what to do that works. Birth Book helps moms have an easier labor & healthy birth. It can help you too! Want to learn more? Buy it now!

A New Approach to

Pregnancy, Birth and the Early Weeks

Ballantine Books

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."

Social Transformation in the United States

Rodale Books

Takes the pregnant woman through the techniques and philosophy of a new form of gentle birthing. This work draws on self-hypnosis, guided imagery and special breathing techniques the hypnobirthing method can bring about an easier birth, free of the drugs that can harm the mother and the baby.

Proven pain-management techniques for your

labour and birth

Random House
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.

Birth And Beyond

Lynne Rienner
Publishers

For thousands of years women have given birth among people they know in a place they know well. Knowledge is shared between the participants and birth is a social event. In this new, revised edition of her classic book, Sheila Kitzinger explores the universal experience of

pregnancy and birth. She looks closely at the place of birth, what is done to help women in childbirth and

examines the bond traditionally formed between mothers and midwives.