

The Positive Birth Book A New Approach To Pregnancy Birth And The Early Weeks

Fearless Birthing is your essential road map to confront and conquer the fears that stand between you and motherhood. Through Leachman's unique fear-clearance method, you'll learn how to mentally and emotionally prepare for the birth of your bundle of joy. By ridding your fears, you'll turn potential trauma into an empowering experience.

Work out what kind of birth you really want, and learn how to maximise your chances of getting it, in this refreshing, warm and witty guide to pregnancy, birth and the early weeks. Packed with vital and cutting-edge information on everything from building the ultimate birth plan, to your choices and rights in the birth room; from optimal cord clamping, to seeding the microbiome; from the inside track on breastfeeding, to woman-centred caesarean, The Positive Birth Book shows you how to have the best possible birth, regardless of whether you plan to have your baby in hospital, in the birth centre, at home or by elective caesarean. Find out how the environment you give birth in, your mindset and your expectations can influence the kind of birth you have, and be inspired by the voices of real women, who tell you the truth about what giving birth really feels like. Challenging negativity and fear of childbirth, and brimming with everything you need to know about labour, birth, and the early days of parenting, The Positive Birth Book is the must-have birth book for women of the 21st century.

Everything you wanted to know but were too embarrassed to ask - a guide to pregnancy and birth straight from the midwife's mouth. Winner of the Gold and Consumer Choice award at the Mumii Best Baby and Toddler Gear Awards 2017 Mum to four little girls and midwife to many, Clemmie Hooper wants to share her knowledge, wisdom and stories about pregnancy, birth and mothering young children that aren't so widely talked about - straight from the midwife's mouth. From how to prevent tearing during birth to what you really need in your labour bag, Clemmie reveals everything pregnant women and new mums need to know with a good dose of humour and wit.

A candid, feminist, and personal deep dive into the science and culture of pregnancy and motherhood Like most first-time mothers, Angela Garbes was filled with questions when she became pregnant. What exactly is a placenta and how does it function? How does a body go into labor? Why is breast best? Is wine totally off-limits? But as she soon discovered, it's not easy to find satisfying answers. Your obstetrician will cautiously quote statistics; online sources will scare you with conflicting and often inaccurate data; and even the most trusted books will offer information with a heavy dose of judgment. To educate herself, the food and culture writer embarked on an intensive journey of exploration, diving into the scientific mysteries and cultural attitudes that surround motherhood to find answers to questions that had only previously been given in the form of advice about what women ought to do—rather than allowing them the freedom to choose the right path for themselves. In *Like a Mother*, Garbes offers a rigorously researched and compelling look at the physiology, biology, and psychology of pregnancy and motherhood, informed by in-depth reportage and personal experience. With the curiosity of a journalist, the perspective of a feminist, and the intimacy and urgency of a mother, she explores the emerging science behind the pressing questions women have about everything from miscarriage to complicated labors to postpartum changes. The result is a visceral, full-frontal look at what's really happening during those nine life-altering months, and why women deserve access to better care, support, and information. Infused with humor and born out of awe, appreciation, and understanding of the female body and its strength, *Like a Mother* debunks common myths and dated assumptions, offering guidance and camaraderie to women navigating one of the biggest and most profound changes in their lives.

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A deeply honest investigation of what it means to be a woman and a commodity from Emily Ratajkowski, the archetypal, multi-hyphenate celebrity of our time Emily Ratajkowski is an acclaimed model and actress, an engaged political progressive, a formidable entrepreneur, a global social media phenomenon, and now, a writer. Rocketing to world fame at age twenty-one, Ratajkowski sparked both praise and furor with the provocative display of her body as an unapologetic statement of feminist empowerment. The subsequent evolution in her thinking about our culture's commodification of women is the subject of this book. My Body is a profoundly personal exploration of feminism, sexuality, and power, of men's treatment of women and women's rationalizations for accepting that treatment. These essays chronicle moments from Ratajkowski's life while investigating the culture's fetishization of girls and female beauty, its obsession with and contempt for women's sexuality, the perverse dynamics of the fashion and film industries, and the grey area between consent and abuse. Nuanced, unflinching, and incisive, My Body marks the debut of a fierce writer brimming with courage and intelligence.

Why Induction Matters offers parents the knowledge to make their own informed decisions on induction.

Childbirth can be an empowering and positive experience that you treasure for the rest of your life. Hypnobirthing teaches simple and gentle techniques that have a profound effect.

A detailed social history of childbirth examines the physical, political, social, religious, and anthropological factors that influence how women bring new life into the world, examining such topics as why birth can be difficult, how women have handled pain, the role of men during childbirth, and other important topics. Reprint.

The techniques described in the book - self-hypnosis, visualisation, different breathing methods and the use of colours for healing and relaxation - are life-long learning processes that have had proven results. The book also contains a free CD, containing a self-hypnosis programme for the mother-to-be to listen to on a daily basis in the weeks leading up to the birth. This book is also for the birth partner - by using the techniques described they are enabled to maintain the self-hypnosis in the mother-to-be during the birth process. By reading this book and listening to the CD you will be empowered to: * Enjoy your pregnancy, having all the energy you need to do all that you have to do * Have a wonderful birth experience, being relaxed and in control, working with your body and allowing your muscles and skin to stretch easily and naturally in a pain-free way * Promote your own rapid healing and recovery * Bond easily with your baby, enjoy breastfeeding (if you choose to do this) and be confident in your abilities as a mother * Get back to pre-pregnancy weight, shape and dimensions very soon after the birth.

No matter how you birth your baby, feel calm and safe with hypnobirthing "This woman is a great healer and birth expert. This book will be brilliant." Russell Brand Your Baby, Your Birth is a truly modern hypnobirthing book for ALL births. In-demand hypnobirthing coach Hollie de Cruz provides you with the skills and tools to make any birth feel safe, calm, connected and empowering. Drawing on her experience working with new mums, including Fearne Cotton and Giovanna Fletcher, Hollie de Cruz helps you prepare for a positive (not 'perfect') birth experience and approach motherhood with confidence in yourself and your instincts. Your Baby, Your Birth will teach you: - That birth is safe - listen to your body, embrace the changes, prepare your mind and relax during pregnancy - Exercises and breathing techniques for labour and birth for you and your birth partner, along with guided meditations to keep you calm and engaged - How to trust your instincts, understand your body and baby, and make informed decisions throughout your pregnancy and beyond Hollie de Cruz, creator of the award-winning yesmum positive affirmation cards, is renowned for demystifying hypnobirthing and her down-to-earth, realistic approach is highly sought after. Whatever kind of birth you are planning, let Hollie de Cruz provide you with a set of deep relaxation, mindfulness and meditation

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tools for an empowering experience.

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

How often does my baby really need to feed? How do I know my baby is getting enough? Is it normal for my baby to wake at night? When you're expecting a new baby, suddenly everyone around you becomes an expert – particularly when it comes to how to feed them. It is easy to become overwhelmed by conflicting advice, myths and exaggerated stories. The Positive Breastfeeding Book cuts through the anecdotes, giving you clear, no-judgement, non-preachy, evidence-based information to help you make the right decisions for you and your baby. It will... help you understand how breastfeeding works give you tips for planning for your baby's arrival help you cope with those early months support you to make sure that whilst you're looking after the baby, you're getting taken care of too point you to how to seek help if challenges come up guide you through feeding in public, going back to work, and even rediscovering a glass of wine You'll find plenty of real stories and guidance throughout from mothers and experts in supporting breastfeeding. There are handy chapters on formula and mixed feeding, which cut through advertising spiel and give you the facts you need to choose and use formula safely. The Positive Breastfeeding Book doesn't promise to make it easy, nor will it get up in the middle of the night for you, but it will empower you with the knowledge and encouragement you need to feed your baby with confidence.

The Positive Birth Book A New Approach to Pregnancy, Birth and the Early Weeks Pinter & Martin

It's time to change the way we see babies. Drawing on principles developed by the educator Dr Maria Montessori, The Montessori Baby shows how to raise your baby from birth to age one with love, respect, insight, and a surprising sense of calm. Cowritten by Simone Davies, author of the bestselling The Montessori Toddler, and Junnifa Uzodike, it's a book filled with hundreds of practical ideas for understanding what is actually happening with your baby, and how you can mindfully assist in their learning and development. Including how to: Prepare yourself for parenthood—physically, emotionally, intellectually, and spiritually. Become an active observer to understand what your baby is really telling you. Create Montessori spaces in your home, including “yes” spaces where nothing is off-limits. Set up activities that encourage baby's movement and language development at their own pace Raise a secure baby who's ready to explore the world with confidence.

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.

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** As seen on the Victoria Derbyshire show ** Providing you with everything you've ever wanted to know about pregnancy, this is the definitive guide from conception to the first few weeks' at home with your newborn *** 'I wish there'd been a book like this when I was pregnant. It almost makes me want to have another child. Almost' Bryony Gordon *** Your No Guilt Pregnancy Plan is a revolutionary new guide to pregnancy and childbirth that puts the power firmly in your hands. It won't tell you what fruit your baby resembles week-by-week, but it will cover the huge shifts happening in your relationships, body, work and emotional life right now, giving you practical tools, tips and real stories to help you make a plan that is uniquely yours yet flexible enough to accommodate whatever your pregnancy, birth and life throw at you. ***Further Praise for Your No Guilt Pregnancy Plan*** 'The book has everything a pregnant woman needs ... I'm sure this will be the go-to book for women in years to come' - Helen Thorn host of the Scummy Mummies podcast 'Rebecca is a living, breathing Wonder Woman heroine. In a sea of complicated, important and sometimes angry debate around childbirth, she is a mast to hold onto.' - Cherry Healey, presenter and author of Letters to My Fanny I can't think of a panicky question I had thought of through either of my pregnancies (and I thought of them at a rate of five per second) that wouldn't have been answered by this book. I wish I had had it, in fact. A very empowering guide to becoming a mother.' - Robyn Wilder, The Pool

Even after reading countless pregnancy books I still didn't understand what my labour would be like. All I really knew was it would be painful and scary. Then my obstetrician suggested I take Juju Sundin's birth skills classes. Juju gave me the knowledge to understand my body during labour and taught me about the physiology of pain and how to use her techniques to deal with it. - Sarah Murdoch If you're like most women, you'll go into labour with little knowledge of exactly what your body is doing and why, and how you can actively manage the pain and stay in control while helping your body do what it's designed to. That's where Birth Skills comes in, a step-by-step guide packed with information plus easy-to-learn, proven pain management skills. In Birth Skills, obstetric physiotherapist Juju Sundin shares the techniques she has pioneered over her 30-year career, while Sarah Murdoch takes you on a personal journey of her own labour and birth, describing how she learned the skills in the class then applied them on the big day. Whether it's your first baby or lucky last, you will learn: * how your body works in labour and why * how to turn fear into positive action so you stay in control * how to use movement, breathing, vocalisation, visualisation, keywords and other handy techniques * what to wear, what to take, and what questions to ask * how your partner can help, and working as a team * other women's experiences using Juju's techniques. Birth is all about the bigger picture -- educating and empowering yourself, giving it a try, doing it your way, and a healthy mother and baby. - Juju Sundin

The hidden brain is the voice in our ear when we make the most important decisions in our lives—but we're never aware of it. The hidden brain decides whom we fall in love with and whom we hate. It tells us to vote for the white candidate and convict the dark-skinned defendant, to hire the thin woman but pay her less than the man doing the same job. It can direct us to safety when disaster strikes and move us to extraordinary acts of altruism. But it can also be manipulated to turn an ordinary person into a suicide terrorist or a group of bystanders into a mob. In a series of compulsively readable narratives, Shankar Vedantam journeys through the latest discoveries in neuroscience, psychology, and behavioral science to uncover the darkest corner of our minds and its decisive impact on the choices we make as individuals and as a society. Filled with fascinating characters, dramatic storytelling, and cutting-edge science, this is an engrossing exploration of the secrets our brains keep from us—and how they are revealed.

Hypnotherapist and experienced doula Sophie Fletcher shares with you the secrets to having a safe and positive birth experience. Using a powerful combination of mindfulness, hypnosis and relaxation techniques, Sophie will ensure you feel genuinely excited and completely

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prepared for birth. With stories from women who have successfully used the tools in this book, and downloadable hypnosis and relaxation tracks, discover how to: - use your mind and body together to stay focused and in control - draw on visualisation and breathing techniques to help birth progress - feel positive and empowered, before, during and after you give birth Reassuring, practical and based entirely on what works, Mindful Hypnobirthing is your essential guide to having a calm and confident birth experience.

Enjoy a natural, positive, stress-free pregnancy. Trimester by trimester, this beautiful book gives you safe yoga, meditation, natural remedies, nutrition, and hypnobirthing techniques to match your stage of pregnancy. Encouraging, practical advice from midwife and positive birth expert, Tracy Donegan, will help you to understand your body, relish your pregnancy, and bond with your growing baby. Troubleshoot pregnancy aches and pains with appropriate exercises, quell morning sickness with natural remedies and food, bond with your baby through meditation and movement, and prepare your body and mind safely and healthily for childbirth using strengthening exercises and hypnobirthing techniques. Feel empowered to nurture and give birth to your baby with strength and confidence, and embrace your life as a new mum. "A must-read for all parents who want to create a healthier, more joyful, more peaceful world." - Deepak Chopra, MD

'If you're having a baby this is a MUST READ. Get the birth you want whatever path you choose' Davina McCall 'This is an amazing book. It should be read by everybody having a baby and anyone providing care around birth' Lesley Page, President of The Royal College of Midwives 'Beverley Turner is at the forefront of a new generation leading birth into the future . . . The Happy Birth Book is a must-have for every pregnant woman and every midwife' Professor Caroline Flint, midwife, NCT teacher and trustee, Past President of The Royal College of Midwives Pregnancy, birth and the early weeks of being a parent can be incredibly overwhelming. It's a very special time and should be a joyful and empowering experience. Yet the conflicting advice about pregnancy, labour and parenting can leave your head spinning - and make it highly unlikely you will get the birth you want. Until now. In The Happy Birth Book, Beverley Turner, with the help of midwife Pam Wild, lays out all the facts about pregnancy, birth and new parenthood. Covering everything from scans to stretch marks, hypnobirthing to pain relief, as well as specific advice for partners, The Happy Birth Book will be there for you every step of the way. Whether you're in the early months of pregnancy and are anxious about the whole process, or you're under pressure to make decisions about your upcoming labour, The Happy Birth Book cuts through all the mixed messages and urban myths surrounding birth to give you straightforward, evidence-based advice which will help you and your partner to choose the path to parenthood that is right for you. So what are you waiting for? Dive in - and start preparing for the happiest day of your life.

THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY WOMAN AND EVERY TYPE OF BIRTH. 'Siobhan manages to completely demystify hypnobirthing, making it accessible and relevant to all women and all births. This book will be a complete game changer and I will be recommending it to mums-to-be from now on' Sarah Turner, author of The Unmumsy Mum Expert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way women around the world approach and experience birth. Through her teaching she seeks to educate and empower women - and their birth partners - so that they can enjoy amazing and positive birth experiences, however they choose to bring their babies into the world. In this book, Siobhan debunks common myths about hypnobirthing and explains why she believes it can make every type of birth a better experience - from a water birth at home to an unplanned caesarean in theatre. So, what is hypnobirthing? Essentially, it's a form of antenatal education, an approach to birth that is both evidence-based and logical. Hypnobirthing certainly doesn't involve being hypnotised; instead, it teaches you how your body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body (rather than

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against it), making birth more efficient and comfortable. Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout. By the time you finish this book you'll feel relaxed, capable and genuinely excited about giving birth.

Drawing on a landmark study involving more than one hundred pregnant women and mothers, a renowned OB/GYN synthesizes the secrets to a good birth—medically and emotionally. Most doctors are trained to think of a “good” birth only in terms of its medical success. But Dr. Anne Lyerly knows firsthand that there are many other important elements that often get overlooked. Her three-year study of a diverse group of over one hundred expectant moms asked what matters most to women during childbirth. The results, presented to the public for the first time in *A Good Birth*, show what really matters goes beyond the clinical outcome or even the usual questions of hospital versus birthing center, and reveal universal needs of women, like the importance of feeling connected, safe, and respected. Bringing a new perspective to childbirth, the book's wisdom is drawn from in-depth interviews with women with a wide variety of backgrounds and experiences, and whose birth stories range from quick and simple to complicated and frightening. Describing what went well, what didn't, and what they'd do differently next time, these mothers give voice to the complete experience of childbirth, helping both women and their healthcare providers develop strategies to address the emotional needs of the mother, going beyond the standard birth plans and conversations. Transcending the “medical” versus “natural” childbirth debate, *A Good Birth* paves the entryway to motherhood, turning our attention to the deeper and more important question of what truly makes for the best birth possible.

“An engaging, beautifully synthesized page-turner” (Slate). The #1 New York Times bestseller and Time #1 Nonfiction Book of the Year: Hillary Rodham Clinton's most personal memoir yet, about the 2016 presidential election. In this “candid and blackly funny” (The New York Times) memoir, Hillary Rodham Clinton reveals what she was thinking and feeling during one of the most controversial and unpredictable presidential elections in history. She takes us inside the intense personal experience of becoming the first woman nominated for president by a major party in an election marked by rage, sexism, exhilarating highs and infuriating lows, stranger-than-fiction twists, Russian interference, and an opponent who broke all the rules. “At her most emotionally raw” (People), Hillary describes what it was like to run against Donald Trump, the mistakes she made, how she has coped with a shocking and devastating loss, and how she found the strength to pick herself back up afterward. She tells readers what it took to get back on her feet—the rituals, relationships, and reading that got her through, and what the experience has taught her about life. In this “feminist manifesto” (The New York Times), she speaks to the challenges of being a strong woman in the public eye, the criticism over her voice, age, and appearance, and the double standard confronting women in politics. Offering a “bracing... guide to our political arena” (The Washington Post), *What Happened* lays out how the 2016 election was marked by an unprecedented assault on our democracy by a foreign adversary. By analyzing the evidence and connecting the dots, Hillary shows just how dangerous the forces are that shaped the outcome, and why Americans need to understand them to protect our values and our democracy in the future. The election of 2016 was unprecedented and historic. *What Happened* is the story of that campaign, now with a new epilogue showing how Hillary grappled with many of her worst fears coming true in the Trump Era, while finding new hope in a surge of civic activism, women running for office, and young people marching in the streets.

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

"Birth is a natural and normal event and, while it can be unpredictable, this book will show you how you can make it a gentle and enjoyable experience. In *The Calm Birth Method*, hypnobirthing expert Suzy Ashworth helps you to build confidence in your body and its abilities, and

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shares practical techniques to support you so that, no matter what happens, you feel prepared."--Back cover.

From the moment you share the news that you are pregnant or have a new baby it feels like everyone becomes an expert. Did you see that headline? Did you hear that story on TV? Have you heard the latest about what they say is best? In a world overflowing with information telling you what is best for you and your baby, making decisions can feel overwhelming. Who do you trust? Who is telling the truth? And how do you know if what they are saying is right for you? How? By becoming your own expert in sorting the media spin and politics from the actual facts and data. This isn't a book that is going to tell you which decisions to make, or that there is ever one right answer. It is not going to tell you that the same thing is always best for everyone. Instead this is a guide to help you evaluate information and evidence to decide what is right for you, your body and your baby. In three main parts it will firstly open your eyes to how information is shared in the media and how this can affect our thinking and decision making. Next it will help you spot who is funding, leading and promoting research and how this can affect the content of what is shared. Finally it will talk you through reading, understanding and evaluating evidence for yourself across topics in pregnancy, birth and caring for babies. You'll learn how to spot weaknesses in methods used, how to determine the real risk for you and your baby, and how wider context and other factors can influence what research means for you. Information is power. Making your own decisions that are right for you is empowering. #Informed is best.

A New York Times bestseller! "Lively and absorbing. . ." — The New York Times Book Review "Engrossing." —Wall Street Journal

"Entertaining and well-researched . . ." —Houston Chronicle Three noted Texan writers combine forces to tell the real story of the Alamo, dispelling the myths, exploring why they had their day for so long, and explaining why the ugly fight about its meaning is now coming to a head. Every nation needs its creation myth, and since Texas was a nation before it was a state, it's no surprise that its myths bite deep.

There's no piece of history more important to Texans than the Battle of the Alamo, when Davy Crockett and a band of rebels went down in a blaze of glory fighting for independence from Mexico, losing the battle but setting Texas up to win the war. However, that version of events, as Forget the Alamo definitively shows, owes more to fantasy than reality. Just as the site of the Alamo was left in ruins for decades, its story was forgotten and twisted over time, with the contributions of Tejanos--Texans of Mexican origin, who fought alongside the Anglo rebels--scrubbed from the record, and the origin of the conflict over Mexico's push to abolish slavery papered over. Forget the Alamo provocatively explains the true story of the battle against the backdrop of Texas's struggle for independence, then shows how the sausage of myth got made in the Jim Crow South of the late nineteenth and early twentieth century. As uncomfortable as it may be to hear for some, celebrating the Alamo has long had an echo of celebrating whiteness. In the past forty-some years, waves of revisionists have come at this topic, and at times have made real progress toward a more nuanced and inclusive story that doesn't alienate anyone. But we are not living in one of those times; the fight over the Alamo's meaning has become more pitched than ever in the past few years, even violent, as Texas's future begins to look more and more different from its past. It's the perfect time for a wise and generous-spirited book that shines the bright light of the truth into a place that's gotten awfully dark.

THIS BOOK WILL MAKE YOUR BIRTH BETTER. IT IS FOR EVERY WOMAN AND EVERY TYPE OF BIRTH. AS FEATURED ON DRAGONS' DEN. 'Siobhan manages to completely demystify hypnobirthing, making it accessible and relevant to all women and all births. This book will be a complete game changer and I will be recommending it to mums-to-be from now on' Sarah Turner, author of The Unmumsy Mum Expert hypnobirthing teacher and founder of The Positive Birth Company Siobhan Miller has made it her mission to change the way women around the world approach and experience birth. Through her teaching she seeks to educate and empower women - and

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their birth partners - so that they can enjoy amazing and positive birth experiences, however they choose to bring their babies into the world. In this book, Siobhan debunks common myths about hypnobirthing and explains why she believes it can make every type of birth a better experience - from a water birth at home to an unplanned caesarean in theatre. So, what is hypnobirthing? Essentially, it's a form of antenatal education, an approach to birth that is both evidence-based and logical. Hypnobirthing certainly doesn't involve being hypnotised; instead, it teaches you how your body works on a muscular and hormonal level when in labour and how you can use various relaxation techniques to ensure you are working with your body (rather than against it), making birth more efficient and comfortable. Siobhan's advice and guidance will change your mindset and enable you to navigate your birth with practical tools that ensure you feel calm and in control throughout. By the time you finish this book you'll feel relaxed, capable and genuinely excited about giving birth.

Discover your roadmap to a positive birth! A positive birth comes in many forms - for some it's an early effective epidural for another it's a serene water birth or a calm planned caesarean. What we know for sure is that a positive birth is defined by YOU - not your best friend, Mom or even your OB or Midwife. The award winning GentleBirth program combines brain science, birth science and technology so you can feel inspired, excited and uplifted every day of your pregnancy - and beyond! Every woman wants a safe, positive gentle birth - for themselves and for their baby. Midwife, GentleBirth Founder and positive birth expert Tracy Donegan shows you how as she guides you step by step including the following: Practical tools to prepare you and your partner for a positive birth - as defined by YOU! Use brain science to reduce pain and fear in labor. Discover the ultimate stress reduction toolkit of techniques of simple meditation, hypnosis and sport psychology. Train your brain for confidence and resilience - long after your baby arrives Learn breathing techniques that work. Navigate your options with confidence for a GentleBirth for you and your baby.

The one stop positive guide to getting your period. Getting your period can be exciting - but it can also be quite daunting and there are a lot of questions you might be too scared to ask. Like how much will I bleed? Does it really hurt? And what's the point of a period anyway?

Separating the fact from the fiction, Milli Hill answers everything you need to know - from Mooncups and period pants, to cramps and hormones. She'll explain how incredible the female body is and what is actually going on down there (and why!). With guidance on how best to prepare for your period each month, this book will help you discover how to chart your monthly cycle, check in with yourself at different times of the month and even explore the many positive ways you can celebrate your period! Find your flow, bust some myths and feel proud of the amazing things your body is doing every single month.

Sethe, an escaped slave living in post-Civil War Ohio with her daughter and mother-in-law, is haunted persistently by the ghost of the dead baby girl whom she sacrificed, in a new edition of the Nobel Laureate's Pulitzer Prize-winning novel. Reader's Guide available. Reprint. 60,000 first printing.

Chained up in the hold of a French warship, Lusignan's only hope of escape rests with his captor - Captain Paul. A man with a mysterious past, Captain Paul is transporting Lusignan to exile in the West Indies. Little does he know that his mission is a sham. His prisoner is an innocent man, framed because he fell in love with a Count's daughter. Once the truth is revealed, Paul and Lusignan return to France, determined to seek justice. Inspired by the real life of American Revolutionary War hero John Paul Jones, "Captain Paul" is a rollicking melodrama, packed with action and romance. A fine precursor to Dumas' later classics, it's especially recommended for fans of naval adventures, like C.S. Forester's "Hornblower" series. Alexandre Dumas (1802 - 1870) was a hugely popular 19th Century French writer. Born of mixed French and Haitian heritage, Dumas first rose to prominence in Paris as a playwright, but later gained international fame with his

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historical fiction. Often co-authored with other writers, these stories wove together swashbuckling adventure, romance, and real events from France's past. Among the best known are "The Three Musketeers", and its sequels "Twenty Years After", and "Le Vicomte de Bragelonne: Ten Years Later". Set across four decades, this trilogy follows the rise of the dashing D'Artagnan—from hot-headed soldier to trusted captain under Louis XIV. Dumas' other novels include "The Count of Monte Cristo" and "The Black Tulip". His works have been adapted into more than 200 movies, including The Man in the Iron Mask starring Leonardo DiCaprio.

'Marie Louise is a dream come true for any parent with her uncanny ability to simplify the most important and complicated questions' Emma Bunton, co-founder of Kit and Kin Whether you are planning for a baby, just found out you are pregnant or well into your third trimester, this book will help you to feel confident, informed and inspired about your exciting journey ahead. Through years of work with families, Senior Midwife Marie Louise reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. As well as this, Marie Louise is renowned for bringing complex science to life. You'll discover fascinating facts that underpin everything you and your baby will go through, including - - How your nervous system is synced with your baby and why baby already knows a lot about you when they are born - The unique process your baby goes through to pass through the birth canal and how you work together in labour - Incredible facts about breast milk Packed with the most up-to-date findings and expert insights, you'll find everything you need to prepare for motherhood and, most importantly, understand and appreciate just how amazing you and your baby both are!

The Positive Affirmations coloring book for pregnancy and birth has 30 beautifully hand-drawn illustrations to help focus your thoughts and tap into the subconscious mind at this precious time in your life on your journey to motherhood. This fun, calming activity will assist to achieve a positive, relaxed, and mindful approach during pregnancy and birth. This Colouring book has been created by Yasmine Davey, an artist from Cornwall, UK. Through her drawings, Yasmine wanted to give the gift of serenity to other mothers to be, as they tread the path of motherhood and lead them into a world of wisdom, peace, and love. It can be used as part of Hypnobirth therapy or for creating a soothing loving space of color to encourage a healthy pregnancy.***Includes ready-made affirmation pages for you to color and hang up

"What a gift to new and expecting moms. You have no idea the mountain and rollercoaster you're about to embark on, but Nurture somehow gives you a peek in and gives you essential information to help ground you." –Catherine McCord, founder of Weelicious and One Potato A comprehensive and judgement-free pregnancy companion: Nurture is the only all-in-one pregnancy and birthing book for modern mothers-to-be and their partners who want a more integrative approach. Author Erica Chidi Cohen has assisted countless births and helped hundreds of families ease into their new roles through her work as a doula. Nurture covers everything from the beginning months of pregnancy to the baby's first weeks. This empowering book includes: • Supportive self-care and mindfulness exercises, trimester-specific holistic remedies, nourishing foods and recipes for every month of pregnancy, and expert tips for every birth environment. • More than 40 charming and helpful illustrations, charts, and lists can be found throughout. • Dozens of important topics that every modern mom needs to know including fetal development, making choices for a hospital, home or birth center birth, the basics of breastfeeding, tips on what to expect postpartum, and more. Nurture is an all-inclusive pregnancy and birthing guide book that gives soon-to-be mothers and their partners the information they need to make decisions, feel confident, and enjoy the beauty of creating new life. Nurture is a thoughtful and helpful gift for expecting mothers and their partners. Erica Chidi is co-founder and CEO of Loom in Los Angeles, CA. She began her work in San Francisco, volunteering as a doula within the prison system, working with pregnant inmates. She went on to build a successful doula and health education practice in Los Angeles and has been featured in Women's Health, Vogue, Goop, The Cut and Marie Claire.

Get Free The Positive Birth Book A New Approach To Pregnancy Birth And The Early Weeks

Male midwife Mark Harris shares his invaluable experience and first-hand insight, man-to-man, in a practical and honest guide to pregnancy, childbirth and beyond.

Kate Evans deftly handles the physical and emotional changes that come with being pregnant, looking at the practicalities of every stage as well as the challenges that may arise. Her straightforward, funny and accessible text is illustrated throughout with detailed artwork to guide the reader through the intricacies of human reproduction whilst her customary laugh-out-loud cartoons demystify the complexities of pregnancy and birth. Contents include: • A graphic guide to conception • Practical help for those trying to conceive • Early pregnancy advice • Stop telling me what to do • Food, glorious food • The call of the duvet • Engaging with the professionals • Abortion rights and wrongs • Miscarriage support • Screening and scans • Are you ready to have a baby? • The physical preparations • Ripening and readying • Waiting well past your due date • The art of birth Labour • Push it real good • The Caesarian section

Discover a modern holistic hypnobirthing book for every woman and every type of birth. This beautifully illustrated, practical guide to hypnobirthing provides you with the skills and tools to make any birth feel safe, calm, connected, and empowering - however you choose to bring your babies into the world. Whether you're trying to get pregnant, just found out you're pregnant, or well into your third trimester, this birthing book completely demystifies hypnobirthing, making it accessible and relevant for any mom-to-be. Anthonissa Moger (The Hypnobirthing Midwife) reveals the key things that will make the biggest, most positive difference to you and your baby as you navigate these life-changing months. This step-by-step guide enables you to embark on the benefits of hypnobirthing and create a safe space for you and your baby to return to time and again. Learn how to integrate body and mind throughout your pregnancy and birth with techniques such as deep relaxation, meditation, visualization, and breathwork exercises. Achieve the Birth You Want - For You and Your Baby Whether you're having a natural birth or assisted birth, this mindful pregnancy book will help every woman take control of their labor for a calm, connected, and positive birth. It's the perfect gift for expecting moms who are looking for advice and techniques for a stress-free pregnancy.

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