



The Complete Idiot's Guide to Natural Childbirth

Deborah S. Romaine, Jennifer L. West

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Thoughtful planning so mom and her supporters are ready when the baby is!

A midwife helps expecting mothers decide how natural they want their labor to be, what birthing methods are available, and the type of professional they want present. It helps women weigh factors, prepare mentally, make important decisions, and plan ahead for successful delivery and beyond.

?Only book covering the spectrum of natural birthing methods, and has a medical authority's vetting

?Expert author is a certified professional midwife and certified hypno-birthing childbirth educator

?Covers all aspects of natural birthing, from planning before women become pregnant through breastfeeding

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