



The Thinking Woman's Guide to a Better Birth

Henci Goer

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As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birth—it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice.

Birth activist Henci Goer gives clear, concise information based on the latest medical studies. **The Thinking Woman's Guide to a Better Birth** helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers:

- Cesareans
- Breech babies
- Inducing labor
- Electronic Fetal Monitoring
- Rupturing Membranes
- Coping with slow labor
- Pain medication
- Episiotomy
- Vaginal birth after a Cesarean
- Doulas
- Deciding on a doctor or midwife
- Choosing where to have your baby
- and much more . . .



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Toby Terry:

Now a day folks who Living in the era just where everything reachable by interact with the internet and the resources included can be true or not call for people to be aware of each facts they get. How many people to be smart in obtaining any information nowadays? Of course the answer is reading a book. Reading through a book can help men and women out of this uncertainty Information specifically this The Thinking Woman's Guide to a Better Birth book because book offers you rich info and knowledge. Of course the details in this book hundred percent guarantees there is no doubt in it you know.

Pamela Prince:

Spent a free time for you to be fun activity to complete! A lot of people spent their down time with their family, or their own friends. Usually they carrying out activity like watching television, likely to beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Can be reading a book could be option to fill your totally free time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to test look for book, may be the book untitled The Thinking Woman's Guide to a Better Birth can be very good book to read. May be it can be best activity to you.

Ronnie Correa:

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