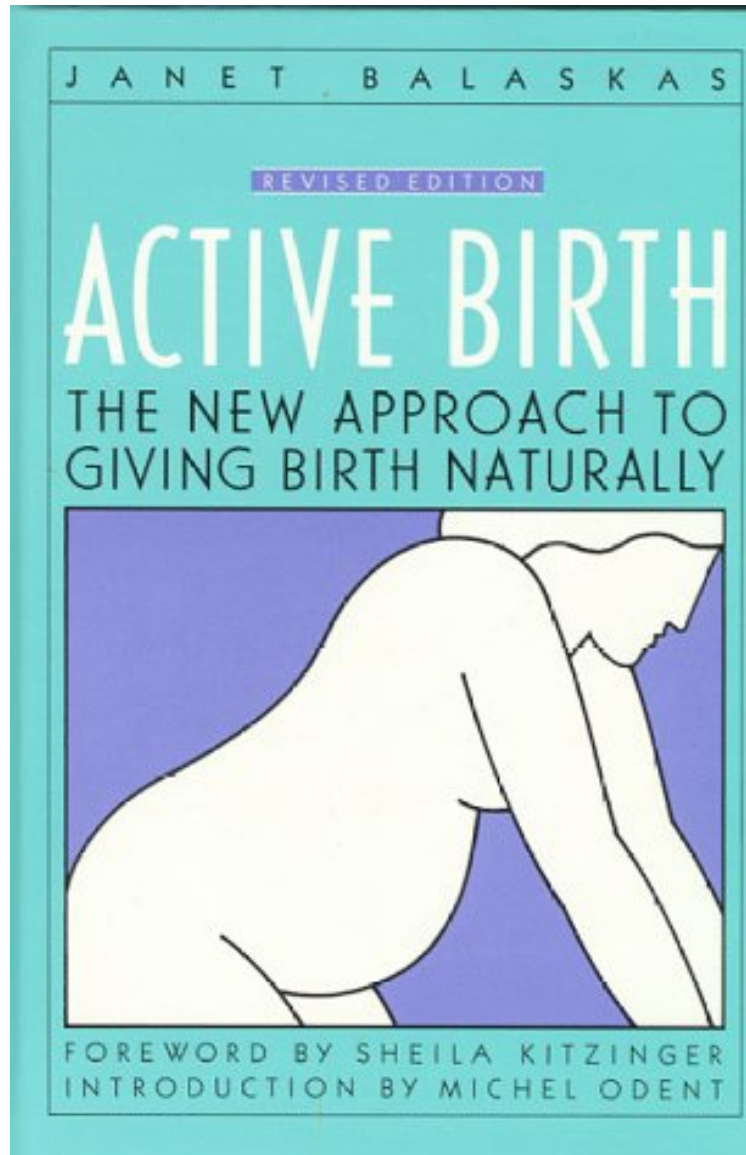


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Active Birth - Revised Edition: The New Approach to Giving Birth Naturally (Non)

Janet Balaskas

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Janet Balaskas : Active Birth - Revised Edition: The New Approach to Giving Birth Naturally (Non) before purchasing it in order to gage whether or not it would be worth my time, and all praised Active Birth - Revised Edition: The New Approach to Giving Birth Naturally (Non):

2 of 2 people found the following review helpful. Very informative helpful!By Kay H.I have read half a dozen labor

and birthing books since I discovered I was pregnant. Besides "Ina May's Guide to Childbirth" this book has been the most helpful in preparation of labor. The exercises are very helpful by themselves, but the book also presents the facts of what our bodies are doing throughout labor in an easy to understand way. I was also very happy to read about all the different labor positions a woman can use throughout labor to help control contractions. I am sure I will be thumbing through this book several more times before month 9. Highly recommended!! 0 of 0 people found the following review helpful. The must read for any expecting parents By mn2010 No matter if you want a fully natural birth it just to minimize interventions, this book gives you the tools to do it. I wanted to take control of my delivery, and this book has helped me tremendously. It's written with enough explanations and provides detailed exercise to prepare yourself for the big day. It's also an essential read for your partner / support person. Even if you don't have a midwife-led birth, this book gives you confidence and doable solutions to guide you through a more natural labor. 1 of 1 people found the following review helpful. Fantastic and informative! By Alicia Candelora I've read some 10-15 books on the topic of pregnancy and labor and thus one has quickly climbed the ranks to one of my top three recommendations for pregnant women or doulas.

In this book the author teaches mothers how to develop all of their bodily resources for giving birth, to follow their own instincts and to take full responsibility for the childbirth experience.

Active Birth contains a wealth of information for pregnancy, childbirth, and the postnatal period. -- Midwest Book
Clearly written, carefully documented, and copiously illustrated, this new edition celebrates the inherent wisdom on women's 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) About the Author Janet Balaskas organized the first Active Birth Conference in London. A mother of four, she has written many books on pregnancy and childbirth. She runs a childbirth education clinic.