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Titolo	Unassisted childbirth [[electronic resource] /] / Laura Kaplan Shanley ; foreword by Michel Odent
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ISBN	1-280-57033-4 9786613599933 0-313-39716-3
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Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover; Title; Copyright; Contents; Foreword; Preface; Acknowledgments; Introduction; One: We've Come a Long Way-Or Have We?; Two: The Dangers of Medical Intervention; Three: The Psychological Effects of a Traumatic Birth on a Family; Four: Why Physicians Insist on Intervening; Five: Personal Beliefs and Expectations; Six: Dreams, Impulses, Intuition, and Emotions-Our Psychological Lifeline to the Inner Self; Seven: Stories of Unassisted Births; Eight: The Case for Autonomous Birth; Nine: My Story; Conclusion; Unassisted Childbirth Resources; Bibliography; Index; A; B; C; D; E; F; G; H; I; K LM; N; O; P; R; S; T; U; V; W
Sommario/riassunto	This book reveals how giving birth is an inherently safe, relatively painless process that is best performed without the assistance of doctors or midwives, and how confidence and a positive attitude reduces fear-and therefore the pain-of labor.