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Edizione	[2nd ed.]
Descrizione fisica	1 online resource (182 p.)
Disciplina	618.4/5
Soggetti	Natural childbirth
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Preface -- Acknowledgments -- Introduction -- We've come a long way-- or have we? -- The dangers of medical intervention -- The psychological effects of a traumatic birth on a family -- Why physicians insist on intervening -- Personal beliefs and expectations -- Dreams, impulses, intuition, and emotions : our psychological lifeline to the inner self -- Stories of unassisted births -- The case for autonomous birth -- My story -- Conclusion -- Unassisted childbirth resources -- Bibliography -- Index.
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.