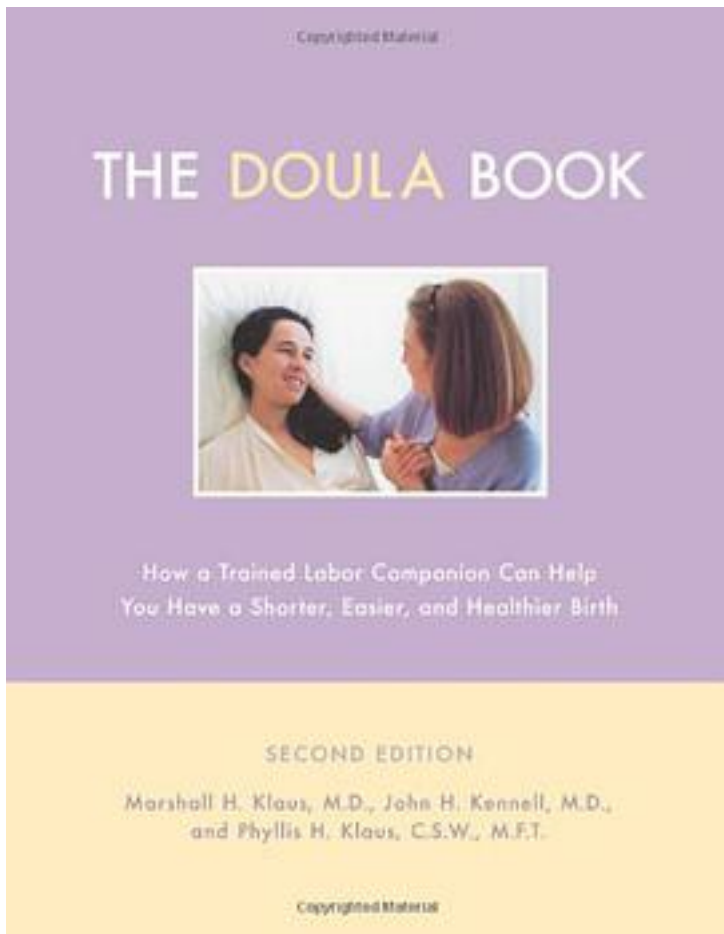


The Doula Book



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著者:Marshall H. Klaus

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The complete and essential guide to birth with a doula by the "undisputed experts in the field." -- Los Angeles Times More and more parents-to-be all over the world are choosing the comfort and reassuring support of birth with a trained labor companion

called a "doula." This warm, authoritative, and irreplaceable guide completely updates the authors' earlier book, *Mothering the Mother*, and adds much new and important research. In addition to basic advice on finding and working with a doula, the authors show how a doula reduces the need for cesarean section, shortens the length of labor, decreases the pain medication required, and enhances bonding and breast feeding. The authors, world-renowned authorities on childbirth with combined experience of over 100 years working with laboring women, have made their book indispensable to every woman who wants the healthiest, safest, and most joyful possible birth experience. A Merloyd Lawrence Book

作者介绍:

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