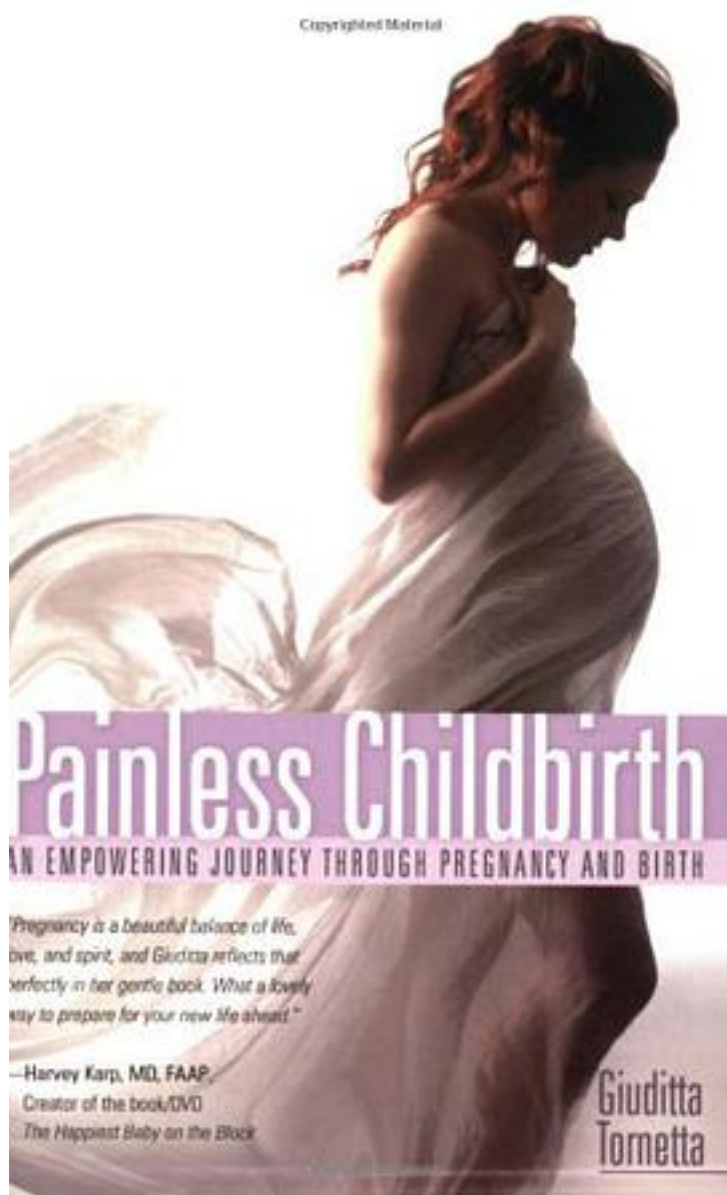


Painless Childbirth



[Painless Childbirth_ 下载链接1](#)

著者:Tornetta, Giuditta

出版者:

出版时间:2008-6

装帧:

isbn:9781581826401

"Painless Childbirth is filled with heartfelt, practical and scientifically accurate information. It helps pregnant women expect the best - and then create it." Christiane Northrup, M.D., best-selling author of Women@s Bodies, Women@s Wisdom "Painless Childbirth: An Empowering Journey Through Pregnancy and Childbirth" is a road map for a woman to achieve painless childbirth. Rather than offer advice or solutions for the many challenges that surface during pregnancy - which most books on pregnancy do - Giuditta Tornetta offers a nine-step process that leads women to discover their innate ability to give birth to their babies and build their self-confidence. She does this by basing the experience more on inner knowledge and less on "experts." While many women react violently to the use of the word painless in connection with childbirth, every year thousands of women worldwide - and from differing backgrounds - experience a painless childbirth. The author herself has experienced it. How does this happen? Pain is what we feel when something goes wrong. When we break a leg or sprain a joint, we feel pain. There is no relief unless we resort to painkillers. By contrast, childbirth is a natural event with a known positive outcome. And while a birth contraction is indeed intense, it lasts only a minute and then you get a break. When a woman learns to manage these contractions one minute at a time, she learns that labor is very different from what she has experienced as pain in her life so far. Once the baby is born, the sensations of labor go away, and the mother has a happy, amazing, loving baby snuggling in her arms.

作者介绍:

目录:

[Painless Childbirth_ 下载链接1](#)

标签

评论

[Painless Childbirth_ 下载链接1](#)

[Painless Childbirth_下载链接1](#)