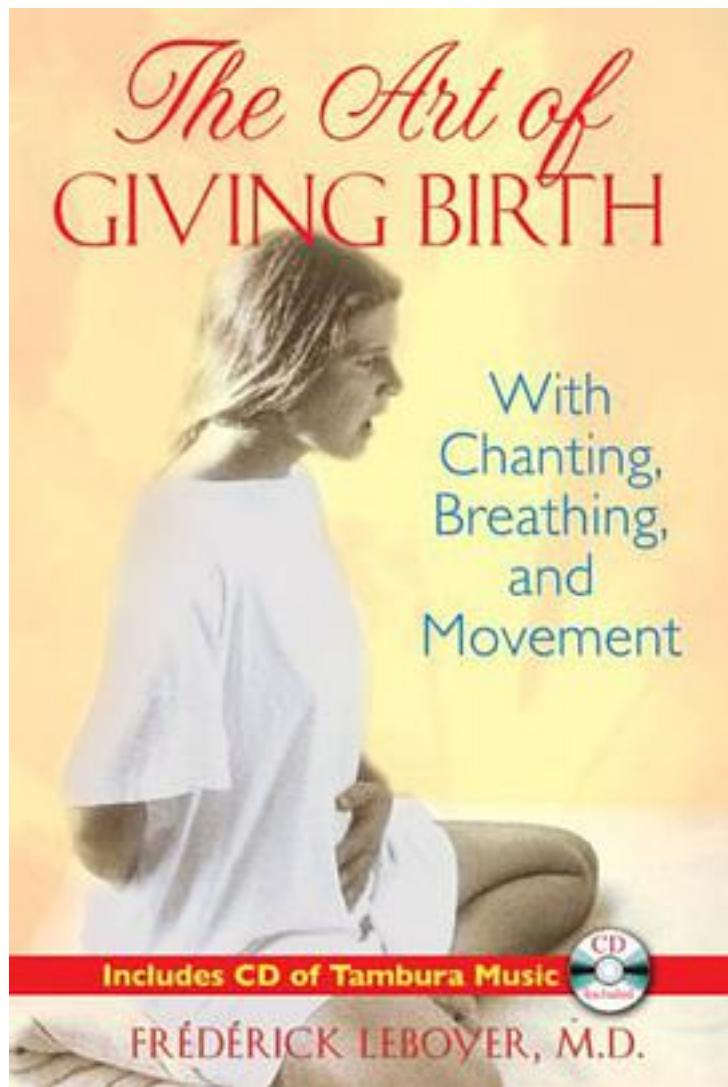


The Art of Giving Birth



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Giving birth is a veritable 'explosion' of joy. The baby arrives when the life force surges up so strongly in the woman that it breaks all limitations in order to spring forth. But in our modern culture, women often do not feel empowered to give birth by themselves. They want the 'experts' to handle the birth for them, out of fear of the pain or the possible risks to them or the baby. Dr Frederick Leboyer, author of the groundbreaking book *Birth without Violence*, which looks at birth from the baby's point of view, now explores the birth process from the mother's perspective. Through the heartfelt letters of women sharing their experiences, which are accompanied by his advice and commentary, he reveals how women can develop the skills needed to create a successful and joyful birth. Dr Leboyer stresses that proper breathing is the most important component for women going through childbirth. The breathing should come from the lower belly and the exhalation should be accompanied by a musical tone. Without this musical dimension, breathing is merely a physical exercise. Dr Leboyer found that, by using the music of the tambura, an Indian stringed instrument whose tones represent the embodiment of universal harmony, women are transported to a place of inner peace. *THE ART OF GIVING BIRTH* includes breathing and singing exercises and gentle movements to be practised throughout the pregnancy and during labour. Also included is a 26-minute free CD of tambura music to accompany the exercises.

作者介绍:

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