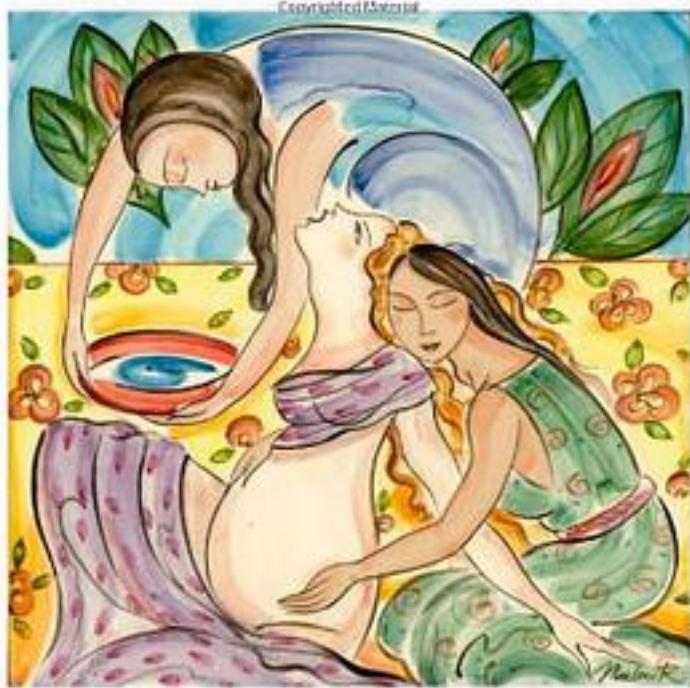


# Birth Space, Safe Place



## Birth Space, Safe Place

Emotional Well-Being through Pregnancy and Birth

Adela Stockton

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著者:Stockton, Adela

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Focusing on the wide spectrum of feelings that may arise when with child, this companion to the emotional journey caused by pregnancy, birth, and early parenting offers informative resources and homeopathic remedies for both parents-to-be and childbirth practitioners. With advice about laying fears to rest, keeping birth gentle, and protecting the baby-moon, this hand-held doula helps couples face the choices on their journey to parenthood as well as adjust to their new roles as parents, all the while emphasizing the spiritual journey of birth by putting the mother's emotional and spiritual needs before her physical requirements. Proposing that the experience of childbirth has the capacity to nourish rather than replete the soul, the book encourages women to take responsibility for their own birthing process and to surrender to their own instinctive powers rather than to those of medical intervention.

作者介绍:

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