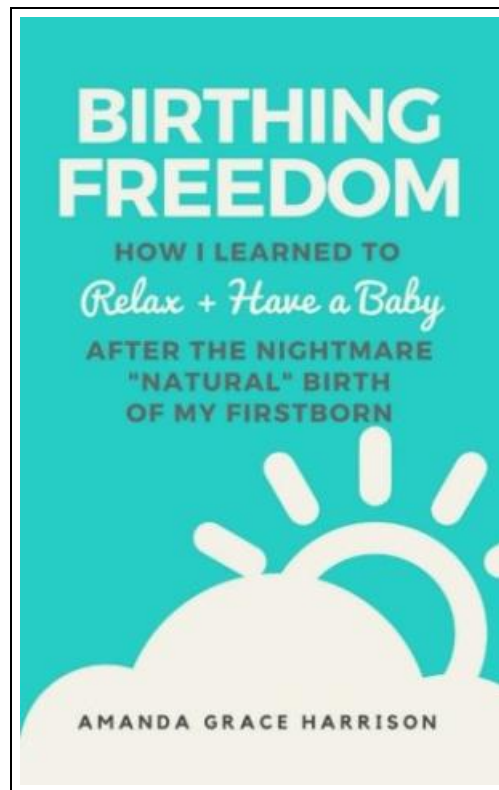


## Birthing Freedom: How I Learned to Relax + Have a Baby (After the Nightmare Natural Birth of My Firstborn) (Paperback)



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*(Jaqueline Flatley)*

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Independently Published, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Ever Wonder How Some Women Have Such Ridiculously Easy Labor? You know the type: the super-relaxed, super-lucky women who practically sneeze their baby out. How do they do it? Does it come naturally, or do they actually train for it? Is it all about luck, or is there something you could be doing now to help make this possibility a reality for you? This book tells the story of just one of those lucky women. The truth is there are hundreds of tools, techniques, and resources that enable us to birth easily and painlessly. This isn't about the latest hypnosis technique or raising your pain tolerance; it's about how to step out of the pain management paradigm altogether, so you can experience something so much more profound than the absence of pain. It's about becoming the empowered and confident mother you want to be, now. As birthing women, we all have the same objective: to bring our babies into the world in the easiest, safest way possible. The personal story in this book will fill you with courage and hope and show you how that's possible. What if giving birth could be not only fun + easy, but also one of the most empowering moments of your life? That's exactly what this ordinary mom experienced, AFTER her first (typically horrible) childbirth. She'd seen videos and read stories about a very different kind of birth -- blissful, pain-free birth. But she had no idea how to experience that for herself. She thought she had tried everything -- she'd read every book by Ina May Gaskin, hired a midwife, planned a natural water birth, practiced the...

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