



The Doula Guide to Birth: Secrets Every Pregnant Woman Should Know

Ananda Lowe, Rachel Zimmerman

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Here is your guide to the fastest-growing trend in childbirth—a tradition as old as motherhood itself. *Doulas*, or professional labor assistants, have led thousands of expectant women through the birthing process in a way that's safe and meaningful, and that creates the birth and postbirth experience all mothers long for.

What exactly do doulas do?

How to find one that suits *you*.

What are the “trade secrets” only doulas know but every woman should be aware of (even if you *don't* have a doula)?

In **The Doula Guide to Birth**, senior-level doula Ananda Lowe and award-winning health reporter Rachel Zimmerman have written a most comprehensive book that draws on the wisdom of these skilled experts, whose experience with doctors, midwives, nurses, and hospitals makes them invaluable advocates before, during, and after birth.

- * Labor techniques anyone can use
- * Pain medication: do you, don't you—and when?
- * What dads and loved ones need and can do best
- * When should you *really* go to the hospital in labor?
- * How to prepare for unexpected medical procedures, including cesareans and epidural
- * Postpartum—what it's really like
- * A clip-out chart of labor techniques, birth plan worksheets, and much more

Combining science, wit, warmth, and support, as well as the inspirational stories of dozens of mothers and their partners, you'll find the “doula viewpoint” on every major pregnancy and delivery issue, making this one of the most important childbirth books you'll ever read and recommend.

From the Trade Paperback edition.

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From reader reviews:

Randy Anderson:

Now a day people who Living in the era exactly where everything reachable by interact with the internet and the resources in it can be true or not require people to be aware of each details they get. How people have to be smart in obtaining any information nowadays? Of course the solution is reading a book. Examining a book can help people out of this uncertainty Information especially this The Doula Guide to Birth: Secrets Every Pregnant Woman Should Know book because book offers you rich data and knowledge. Of course the knowledge in this book hundred pct guarantees there is no doubt in it as you know.

Mildred Patton:

Playing with family in the park, coming to see the water world or hanging out with pals is thing that usually you will have done when you have spare time, then why you don't try point that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition info. Even you love The Doula Guide to Birth: Secrets Every Pregnant Woman Should Know, it is possible to enjoy both. It is great combination right, you still desire to miss it? What kind of hang-out type is it? Oh occur its mind hangout fellas. What? Still don't have it, oh come on its called reading friends.

Sheldon McLean:

Reading a book to become new life style in this year; every people loves to study a book. When you study a book you can get a great deal of benefit. When you read ebooks, you can improve your knowledge, due to the fact book has a lot of information in it. The information that you will get depend on what kinds of book that you have read. In order to get information about your research, you can read education books, but if you want to entertain yourself you can read a fiction books, this sort of us novel, comics, along with soon. The The Doula Guide to Birth: Secrets Every Pregnant Woman Should Know will give you new experience in reading through a book.

Dennis Gaines:

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