



## The Thinking Womans Guide to a Better Birth

By Henci Goer

Perigee Books. Paperback. Book Condition: New. Rhonda Wheeler (illustrator). Paperback. 384 pages. As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birth it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. The Thinking Womans Guide to a Better Birth helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers: Cesareans Breech babies Inducing labor Electronic Fetal Monitoring Rupturing Membranes Coping with slow labor Pain medication Epistotomy Vaginal birth after a Cesarean Doulas Deciding on a doctor or midwife Choosing where to have your baby and much more . . . This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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