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# Bookmark File PDF Birth Matters A Midwives Manifesta Ina May Gaskin

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**BIRTH MATTERS**

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**A MIDWIFE'S MANIFESTA**

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*Renowned for her practice's exemplary results and low intervention rates, Ina May Gaskin has gained international notoriety for promoting natural birth. She is a much-beloved leader of a movement that seeks to stop the hyper-medicalisation of birth which has lead an increase in cesarean sections and renew confidence in a woman's natural ability to birth. Upbeat and informative, Gaskin asserts that the way in which women become mothers is a women's rights issue the act that most powerfully exhibits what it is to be instinctually human.*

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## **BIRTH MATTERS**

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### **A MIDWIFE'S MANIFESTA**

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### **INA MAY'S GUIDE TO BREASTFEEDING**

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*Bantam Shares practical recommendations for rendering nursing a mutually beneficial experience, covering topics that range from breast pumps and sleeping arrangements to nursing multiples and returning to work.*

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### **INA MAY'S GUIDE TO CHILDBIRTH**

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#### **UPDATED WITH NEW MATERIAL**

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*Bantam What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, Ina May's Guide to Natural Childbirth gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Filled with inspiring birth stories and practical advice, this invaluable resource includes:*

- Reducing the pain of labor without drugs--and the miraculous roles touch and massage play*
- What really happens during labor*
- Orgasmic birth--making birth pleasurable*
- Episiotomy--is it really necessary?*
- Common methods of inducing labor--and which to avoid at all costs*
- Tips for maximizing your chances of an unmedicated labor and birth*
- How to avoid postpartum bleeding--and depression*
- The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you*
- The best ways to work with doctors and/or birth care providers*
- How to create a safe, comfortable environment for birth in any setting, including a hospital*
- And much more*

*Ina May's Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention.*

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### **SPIRITUAL MIDWIFERY**

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*Book Publishing Company (TN) The classic book on home birth. Stories of the experiences of parents and midwives during the birth process plus a technical manual for midwives, nurses, and doctors. Includes information on prenatal care and nutrition, labor, delivery techniques, care of the new baby, and breast-feeding.*

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### **JOYOUS CHILDBIRTH CHANGES THE WORLD**

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*Seven Stories Press "No matter how science has progressed, childbirth, in essence,*

has remained unchanged from ancient times . . . [It] is the last natural process left to us," writes internationally lauded obstetrician Dr. Tadashi Yoshimura. "The fact that it has remained unchanged means that there is truth in it." The truth and power of birth is the subject of Dr. Yoshimura's first book published in the United States. Yoshimura describes babies born so directly into the arms of their mothers that they do not cry, and women so transformed with pride and passion in their ability that they are joyous and forever changed. Instead of a medical emergency, Yoshimura describes birth as a transcendent and natural process that cannot be perfected, and that, when performed through the innate power of women, reveals what he calls a "mystic beauty." Full of delightful stories of birthing women and peaceful smiling infants, and helpful tips from his childbirth preparation program, *Joyous Childbirth Changes the World* is a must-read for all expectant parents and those who care for them. Yoshimura's clinic serves as a testament to the kind of compassionate birth culture that is possible if we prioritize the health and experience of women and babies.

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## **BABY CATCHER**

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## **CHRONICLES OF A MODERN MIDWIFE**

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*Simon and Schuster* A former nurse chronicles her journey into midwifery, from her dissatisfaction with formulaic delivery room procedures in the 1960s to her eventual career as a "baby catcher," and chronicles her diverse birth experiences, the women she has encountered along the way, and role of midwifery in the United States. Reprint.

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## **THE HOT MOM TO BE HANDBOOK**

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## **LOOK AND FEEL GREAT FROM BUMP TO BABY**

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*Harper Collins* "Your fun, tongue-in-cheek guide through the world of growing pregnancy possibilities!" —Brooke Burke *The Hot Mom to be Handbook* by Jessica Denay is not your ordinary pregnancy book. It's the ultimate resource for any expecting mom to be who refuses to check her sense of style and self at the white picket fence. Founder of the popular social networking site the Hot Moms Club, author Denay is on the pulse of hot mom trends and has worked with celebrity moms such as Mariska Hargitay, Trista Sutter, Lauren Holly, Ricki Lake, Kelly Rutherford, Joely Fisher, and Jenny McCarthy—and now she offers indispensable guidance for every hot mom who wants to "Look and Feel Great from Bump to Baby."

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## **WHY BIRTH TRAUMA MATTERS**

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*Pinter & Martin Ltd* When we think about trauma and PTSD we tend to think about war and conflict. But around a third of women feel some part of their birth was traumatic. This experience can impact on their mental and physical health, their relationships and future plans. In *Why Birth Trauma Matters*, Dr Emma Svanberg, clinical psychologist and co-founder of *Make Birth Better*, explores what happens to those who go through a bad birth. She explains in detail how birth trauma occurs, examines the wide-ranging impact on all of those involved in birth, and looks at

treatments and techniques to aid recovery. By drawing on her own research and the work of experts in the field, and sharing the first-hand experiences of women, she shows how it is possible to begin to move on.

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## **SPONTANEOUS JOYFUL NATURAL BIRTH**

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### **A COLLECTION OF BIRTH STORIES AND GUIDE TO THE BEAUTY AND BENEFITS OF DELIVERING YOUR BABY NATURALLY**

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*Praeclarus Press* Many women are taking back their right to choose the kind of birth they desire, realizing that many birth interventions have adverse effects on mother and baby. In this book, the author presents a different choice - one without medical interventions. What is it like to have a natural birth and what are the benefits? Author Natasha Panzer has pulled together birth stories from a variety of moms who decided to give birth naturally. The book covers: Birthing in a birth center Preparing for natural birth Natural birth in the hospital Natural vaginal birth after cesarean Home births Unexpected home delivery The birth stories are sweet and inspiring. As you read this book, you will feel like you are right there with the mom delivering that baby, feeling the triumph the mom feels after delivering her baby naturally, and experiencing the parents' joy as they welcome their newborn to this world! The stories show that natural birth is possible in a myriad of settings, even in hospitals. "If you are looking for confidence-building birth stories and some good tips for getting through labor, you'll enjoy reading *Spontaneous Joyful Natural Birth!*" Ina May Gaskin, author of *Birth Matters: A Midwife's Manifesta* and *Ina May's Guide to Childbirth*"

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## **THE FOURTH TRIMESTER**

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### **UNDERSTANDING, PROTECTING, AND NURTURING AN INFANT THROUGH THE FIRST THREE MONTHS**

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*Univ of California Press* The first three months of a baby's life is an outside-the-uterus period of intense development, a biological bridge from fetal life to preparation for the real world. The fourth trimester has more in common with the nine months that came before than with the lifetime that follows. This comprehensive, intimate, and much-needed "operating manual" for newborns presents a new paradigm of a baby's early life that shifts our focus and alters our priorities. Combining the latest scientific findings with real-life stories and experiences, Susan Brink examines critical dimensions of newborn development such as eating and nutrition, bonding and attachment, sleep patterns, sensory development, pain and pleasure, and the creation of foundations for future advancement. Brink offers well-informed, practical information and the reasons behind her advice so that parents and caretakers can make their own decisions about how to care for a newborn during this crucial period. *The Fourth Trimester* assures readers that infants are as biologically capable as they are physically helpless. They thrive on what is readily available in every household: consistent, loving attention.

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## **UNASSISTED CHILDBIRTH, 2ND EDITION**

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*ABC-CLIO* This book reveals how giving birth is an inherently safe, relatively painless process that is best performed without the assistance of doctors or midwives, and how confidence and a positive attitude reduces fear—and therefore the pain—of labor. • A bibliography of unassisted childbirth resources

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## **SACRED PREGNANCY**

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### **A LOVING GUIDE AND JOURNAL FOR EXPECTANT MOMS**

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*North Atlantic Books* In today's western cultures, the typical pregnancy focuses on the baby to the exclusion of the woman herself, so that the entire experience has become more about preparing for the baby's arrival than looking closely at oneself to prepare emotionally for all of the changes that creating a new life brings. *Sacred Pregnancy* was written to help the pregnant woman journey within herself to prepare for the birth of her baby. *Sacred Pregnancy* is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full gestation period of a pregnancy. With beautiful professional photos that correspond to each topic, *Sacred Pregnancy* also features a journal space for the pregnant woman to record her thoughts and feelings. Each week the mother-to-be is given information on her baby, her body, and her spirit and is asked to reflect on these via the topic of the week, which touches on a variety of issues such as sexuality, fears about labor, becoming a mother, courage, rite of passage, adornment, body image, meditation, and sisterhood to name a few. Mothers-to-be are invited to look deeply at the issues unique to their journey and find a centered, peaceful place to live their pregnancy fully. Lastly, *Sacred Pregnancy* includes place for the new mother to record her birth story and a large resource section on various birthing options and supports for pregnant women. "From the spiritual (how to visualize your perfect birth) to the practical (a large section on birthing options), this pregnancy journal is a spiritual adviser and supportive doula all in one." —*Fit Pregnancy* magazine For more information, visit the *Sacred Pregnancy* website.

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## **OBSTETRIC MYTHS VERSUS RESEARCH REALITIES**

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### **A GUIDE TO THE MEDICAL LITERATURE**

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*Greenwood Publishing Group* Anyone working to improve the childbearing experience and help women avoid unnecessary intervention has encountered numerous obstetric myths or old doctors' tales. And while the evidence in the medical literature may be solidly, often unequivocally, against whatever the doctor said, without access to that evidence, the pregnant woman is quite reasonably going to follow her doctor. This book is an attempt to make the medical literature on a variety of key obstetric issues accessible to people who lack the time, expertise, access, or proximity to a medical library to research concerns on their own. This compact, accurate, yet understandable reference is designed for people without medical training and organized for easy access. After an introductory chapter giving basic information about the different types of medical studies, how to evaluate them,

and some basic statistical concepts, Goer provides chapters on cesarean issues, pregnancy and labor management, and a review of alternative approaches. Each chapter begins with a stated myth, followed by an examination of the reality. Goer then analyzes the mainstream belief, pointing out its fallacies. Then comes a list of significant points gleaned from the studies and keyed to her abstracts. Next is the outline by which the abstracts are grouped. Finally come the numbered abstracts of relevant articles published, in most cases, after 1980. The book concludes with a glossary of medical terms and an index. This compact, accurate, and understandable reference tool is designed for people without medical training as well as care givers.

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## **BIRTH, BREATH, AND DEATH**

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## **MEDITATIONS ON MOTHERHOOD, CHAPLAINCY, AND LIFE AS A DOULA**

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*Createspace Independent Pub* At the age of fourteen, Amy Wright Glenn began to question the Mormon faith of her family. She embarked on a life long personal and scholarly quest for truth. While teaching comparative religion and philosophy, Amy was drawn to the work of supporting women through labor and holding compassionate space for the dying. Amy shares moving tales of birth and death while drawing on her work as a birth doula, hospital chaplain, and her own experience of motherhood. We are born, we die, and in between these irrevocable facts of human existence the breath weaves all moments together. "Birth, Breath, and Death" entwines story, philosophy, and poetic reflection into transforming narratives that are full of grace.

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## **BIRTH PARTNER 5TH EDITION**

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## **A COMPLETE GUIDE TO CHILDBIRTH FOR DADS, PARTNERS, DOULAS, AND ALL OTHER LABOR COMPANIONS**

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*Harvard Common Press* Since the original publication of *The Birth Partner*, partners, friends, relatives, and doulas have relied on Penny Simkin's guidance in caring for the new mother, from her last trimester through the early postpartum period. Now fully revised in its fifth edition, *The Birth Partner* remains the definitive guide to helping a woman through labor and birth, and the essential manual to have at hand during the event. *The Birth Partner* includes thorough information on: Preparing for labor and knowing when it has begun Normal labor and how to help the woman every step of the way Epidurals and other medications for labor Pitocin and other means, including natural ones, to induce or speed up labor Non-drug techniques for easing labor pain Cesarean birth and complications that may require it Breastfeeding and newborn care and much more For the partner who wishes to be truly helpful in the birthing room, this book is indispensable.

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## **BIRTH AND SEX**

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*Pinter & Martin* Birth and sex are often talked about as if they were contrasting experiences. In fact, they each involve the same rush of hormones in an action drama in which mind and body work in harmony. When a woman is free to follow her

*instincts and give birth naturally, waves of endorphins surge in the bloodstream with the same energy as in ecstatic .....*

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## **THE NATURAL PREGNANCY BOOK, THIRD EDITION**

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### **YOUR COMPLETE GUIDE TO A SAFE, ORGANIC PREGNANCY AND CHILDBIRTH WITH HERBS, NUTRITION, AND OTHER HOLISTIC CHOICES**

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*Ten Speed Press A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Over the last two decades, The Natural Pregnancy Book has ushered thousands of women through happy and healthy pregnancies. Addressing women's health from conception to birth, Dr. Romm describes herbs that can promote and maintain a healthy pregnancy, and allays such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is integrative health advice based on Dr. Romm's new credentials as a Yale-trained physician, combined with her twenty years of experience as a midwife and herbalist.*

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## **BIRTHING FROM WITHIN**

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*"Giving birth is the pivotal moment of a woman's life but it is often treated as a medical procedure, and not as a rite of passage. Birthing from Within offers parents engaging and memorable ways for pregnant women, and their partners, to activate personal, social and spiritual resources that will guide them through labour and afterwards. Many birth classes teach from the 'outside', from the perspective of the professional. Yet, knowledge of anatomy and the stages of labour can often seem irrelevant in the intensity of contraction. The pregnant woman needs to know about labour and birth from her own perspective, she needs to be prepared for birthing from within. Pam England offers a method that allows a woman to fully understand her own strengths and resources. The self-discoveries made during pregnancy makes birth life-enhancing and empowers the future of the family. It is a multi-sensory and holistic approach that aims to make parents feel positively informed about what they are about to experience, confident about the birth of their child. Pain is an inevitable part of childbirth but Birthing from Within provides resources for building pain-coping confidence in parents. It gives detailed instructions on dealing with normal labour pain and when the humane use of drugs may be called for."-- Cover.*

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## **BIRTH MATTERS**

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### **HOW WHAT WE DON'T KNOW ABOUT NATURE, BODIES, AND SURGERY CAN HURT US**

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*Seven Stories Press Renowned for her practice's exemplary results and low intervention rates, Ina May Gaskin has gained international notoriety for promoting*

*natural birth. She is a much-beloved leader of a movement that seeks to stop the hyper-medicalization of birth—which has led to nearly a third of hospital births in America to be cesarean sections—and renew confidence in a woman's natural ability to birth. Upbeat and informative, Gaskin asserts that the way in which women become mothers is a women's rights issue, and it is perhaps the act that most powerfully exhibits what it is to be instinctually human. Birth Matters is a spirited manifesta showing us how to trust women, value birth, and reconcile modern life with a process as old as our species.*

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## **A PASSION FOR BIRTH**

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### **MY LIFE: ANTHROPOLOGY, FAMILY AND FEMINISM**

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*Pinter & Martin Publishers This fully illustrated autobiography recounts Sheila Kitzinger's life from her childhood, with a mother who was a feminist before the term was invented, her student days in Oxford to her pioneering work in anthropology and tireless campaigning for women's rights and improvement in maternity services. An inspiration to many, Kitzinger talks candidly about her set-backs and failures as well as her achievements, the sexual exploitation and abuse that she encountered in her continuous and untiring struggle against the medicalization of childbirth."*

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### **GENTLE BIRTH, GENTLE MOTHERING**

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### **A DOCTOR'S GUIDE TO NATURAL CHILDBIRTH AND GENTLE EARLY PARENTING CHOICES**

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*Celestial Arts An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthed her own four children. Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls "undisturbed birth" is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship.*

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### **IMPACT OF BIRTHING PRACTICES ON BREASTFEEDING**

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*Jones & Bartlett Publishers This text examines the research and evidence connecting birth practices to breastfeeding outcomes. It takes an in-depth look at the post-birth experiences of the mother and baby, using the baby's health as the vehicle and the intact mother-baby dyad as the model to address birth practices that affect breastfeeding. The Second Edition has been completely revised to include new information on infant outcomes, including epidural anesthesia and Cesarean surgery, clinical strategies for helping the mother and baby recover from birth injuries, medications and complications, and information on Baby-Friendly Hospital Initiatives with a Mother-Friendly Module."*

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## **BIRTHING WORK**

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### **THE COLLECTIVE LABOUR OF CHILDBIRTH**

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*Springer Nature* This book traces the assemblage that comes into being in the spaces and experiences of childbirth. Charting the contributions of the multiple human and non-human actors that contribute to the birth experience, it offers a new perspective on childbirth that cuts across the often emotional debates about natural versus medicalised birth. Drawing on ethnographic interviews with mothers, midwives and obstetricians, it provides an insight into the collective endeavours that shape birth. In doing so, it also explores who does the work of childbirth, expanding the boundaries for who (and what) is responsible for this collective labour and highlighting the interdependencies that characterise it. Structured around eight chapters that each focus on a different actor in the birth space, the volume argues that pregnancy and childbearing brings us into new relationships: with ourselves, with the child to be born, our partners and families, those who care for us, and with more-than-human others.

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## **REAL BIRTH**

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### **WOMEN SHARE THEIR STORIES**

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*Light Messages Publishing* Intimate and intensely personal, the forty-five first-person narratives contained in *Real Birth: Women Share Their Stories* offer readers a window into the complex and emotionally exciting experience of childbirth. Women from a full range of socioeconomic backgrounds and circumstances recount the childbirth choices they've made and the ways those choices have played themselves out in the real life contexts of their everyday lives. Readers meet women from all over the country who speak to us directly--no interviewer intrudes, no judgments intrude, and no single method of childbirth is advocated. Instead, these women offer us their candid experiences, presented clearly and unflinchingly. Medically reviewed by physicians Dr. Richard Randolph for the first edition and Dr. Deborah Morris for this second edition, *Real Birth* offers readers a plethora of correct information as well the kind of real scoop that other books and health care professionals are often reluctant to reveal. The result is a well-grounded book that reaches across the boundaries of childbirth literature. *Real Birth* is introduced by Ariel Gore, journalist, editor, writer, and founding editor/publisher of *Hip Mama*, an Alternative Press Award-winning publication about the culture of motherhood. Also included are an extensive glossary of medical terms, a thoroughly researched selective bibliography, and a list of resources of interest to pregnant women and new moms.

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## **CHILDBIRTH WITHOUT FEAR**

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### **THE PRINCIPLES AND PRACTICE OF NATURAL CHILDBIRTH**

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*Pinter & Martin Limited* In an age where birth has often been overtaken by obstetrics, Dr Dick-Read's philosophy is still as fresh and relevant as it was when he originally wrote this book. He unpicks every possible root cause of western woman's

*fear and anxiety in pregnancy, childbirth and breastfeeding and does so with overwhelming heart and empathy. Essential reading for all parents-to-be, childbirth educators, midwives and obstetricians!*

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## **THE PREGNANT BODY BOOK**

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*Dorling Kindersley Ltd The complete illustrated guide from conception to birth. The Pregnant Body Book is a comprehensive visual guide to every aspect of conception, pregnancy and birth exploring the important changes that take place in a completely revolutionary way. State-of-the-art images, extraordinary photography and accessible text track each stage of both the mother and baby's development from fertilisation to birth week-by-week. This unprecedented guide covers everything you could possibly want to know from the science behind sex and conception to the intricacies of genetics and includes a detailed look at the anatomy and physiology of both the male and female reproductive systems and the groundbreaking medical advances that define the 21st-century understanding of pregnancy. The Pregnant Body Book is the first of its kind and an ideal reference for prospective parents, as well as both medical and midwifery students.*

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## **CHILDBIRTH AND THE EVOLUTION OF HOMO SAPIENS**

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### **NEW WALK**

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### **THE MIDWIFE DIARIES**

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*A moving debut novel about midwifery, marijuana and abortion.*

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## **CORE CURRICULUM FOR LACTATION CONSULTANT PRACTICE**

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*Jones & Bartlett Learning Based on the IBLCE exam blueprint, this updated resource allows aspiring and established lactation consultants to assess their knowledge, experience, and expertise in developing an effective study plan for certification. The Second Edition of this text, contributed to by Rebecca Mannel, Patricia J. Martins, and Marsha Walker, has been updated and is the perfect resource to study for the certification exam.*

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## **THE NURSING MOTHER'S COMPANION, 7TH EDITION, WITH NEW ILLUSTRATIONS**

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## **THE BREASTFEEDING BOOK MOTHERS TRUST, FROM PREGNANCY THROUGH WEANING**

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*Harvard Common Press Respected for over 30 years as the definitive guide, now more than ever, The Nursing Mother's Companion is the go-to guide every new mother should have at hand. Breastfeeding is natural, but it is not always instinctive for either mothers or babies. The Nursing Mother's Companion has been among the best-selling books on breastfeeding for more than 30 years, with more than 1 million copies sold. It is respected and recommended by professionals, including The International Lactation Consultant Association, T. Berry Brazelton and The American*

*Academy of Pediatrics, and is well loved by new parents for its encouraging and accessible style. Kathleen Huggins equips breastfeeding mothers with all the information they need to overcome potential difficulties and nurse their babies successfully from the first week through the toddler years, or somewhere in between. This fully updated and revised edition provides information on topics such as: Benefits of breastfeeding How to cope with breastfeeding obstacles and challenges Incorporating a nursing routine into working life Treating postpartum headaches and nausea Nutritional supplements to alleviate postpartum depression Sharing a bed with baby (co-sleeping) and the risk of SIDS Introducing solid foods Expressing, storing, and feeding breast milk Reviews of breast pumps You will also find Huggins's indispensable problem-solving "survival guides" set off by colored bands on the pages for quick reference, as well as appendices on determining baby's milk needs in the first six weeks and the safety of various drugs during breastfeeding. Plus, this edition opens with a new Foreword by Jessica Martin-Weber, creator of the very popular website The Leaky Boob and a new Preface by Kelly Bonata, creator of the go-to site KellyMom. These two much-loved authorities speak to the importance of owning an authoritative breastfeeding book that cuts through the jumble of opinions, information and misinformation on the web.*

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## **MONDAY NIGHT CLASS**

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### **PUSHED**

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### **THE PAINFUL TRUTH ABOUT CHILDBIRTH AND MODERN MATERNITY CARE**

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*Da Capo Press A groundbreaking narrative investigation of childbirth in the age of machines, malpractice, and managed care, Pushed presents the complete picture of maternity care in America. From inside the operating room of a hospital with a 44% Cesarean rate to the living room floor of a woman who gives birth with an illegal midwife, Block exposes a system in which few women have an optimal experience. Pushed surveys the public health impact of routine labor inductions, C-sections, and epidurals, but also examines childbirth as a women's rights issue: Do women even have the right to choose a normal birth? Is that right being upheld? A wake-up call for our times, Block's gripping research reveals that while emergency obstetric care is essential, we are overusing medical technology at the expense of maternal and infant health.*

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### **BIRTH WITHOUT VIOLENCE**

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*Pinter & Martin Publishers*

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### **BIRTHING JUSTICE**

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### **BLACK WOMEN, PREGNANCY, AND CHILDBIRTH**

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*Routledge There is a global crisis in maternal health care for black women. In the United States, black women are over three times more likely to perish from pregnancy-related complications than white women; their babies are half as likely to*

survive the first year. Many black women experience policing, coercion, and disempowerment during pregnancy and childbirth and are disconnected from alternative birthing traditions. This book places black women's voices at the center of the debate on what should be done to fix the broken maternity system and foregrounds black women's agency in the emerging birth justice movement. Mixing scholarly, activist, and personal perspectives, the book shows readers how they too can change lives, one birth at a time.

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## COMING HOME

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### HOW MIDWIVES CHANGED BIRTH

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Oxford University Press By the mid-twentieth century, two things appeared destined for extinction in the United States: the practice of home birth and the profession of midwifery. In 1940, close to half of all U.S. births took place in the hospital, and the trend was increasing. By 1970, the percentage of hospital births reached an all-time high of 99.4%, and the obstetrician, rather than the midwife, assumed nearly complete control over what had become an entirely medicalized procedure. Then, seemingly out of nowhere, an explosion of new alternative organizations, publications, and conferences cropped up, documenting a very different demographic trend; by 1977, the percentage of out-of-hospital births had more than doubled. Home birth was making a comeback, but why? The executive director of the American College of Obstetricians and Gynecologists publicly noted in 1977 the "rising tide of demand for home delivery," describing it as an "anti-intellectual-anti-science revolt." A quiet revolution spread across cities and suburbs, towns and farms, as individuals challenged legal, institutional and medical protocols by choosing unlicensed midwives to catch their babies at home. *Coming Home* analyzes the ideas, values, and experiences that led to this quiet revolution and its long-term consequences for our understanding of birth, medicine, and culture. Who were these self-proclaimed midwives and how did they learn their trade? Because the United States had virtually eliminated midwifery in most areas by the mid-twentieth century, most of them had little knowledge of or exposure to the historic practice, drawing primarily on obstetrical texts, trial and error, and sometimes instruction from aging home birth physicians to learn their craft. While their constituents were primarily drawn from the educated white middle class, their model of care (which ultimately drew on the wisdom and practice of a more diverse, global pool of midwives) had the potential to transform birth practices for all women, both in and out of the hospital.

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## ORGASMIC BIRTH

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### YOUR GUIDE TO A SAFE, SATISFYING, AND PLEASURABLE BIRTH EXPERIENCE

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Rodale Books Based on the hit documentary that inspired a vibrant online community, this innovative approach to birthing shows women how to maximize childbirth's emotional and physical rewards. With more than 4 million babies born in the United States each year, too many women experience birth as nothing more

than a routine or painful event. In her much-praised film *Orgasmic Birth*, acclaimed filmmaker Debra Pascali-Bonaro showed that in fact childbirth is a natural process to be enjoyed and cherished. Now she joins forces with renowned author and activist Elizabeth Davis to offer an enlightening program to help women attain the most empowering and satisfying birth experience possible. While an orgasmic birth can, for some, induce feelings of intense, ecstatic pleasure, it is ultimately about taking control of one's own body and making the most informed decisions to have a safe, memorable, and joyful birth day. Whether women choose to give birth at home, in a hospital, or in a birthing center, *Orgasmic Birth* provides all the necessary tools and guidance to design the birth plan that's best for them. Featuring inspiring stories from mothers and their partners and filled with practical advice and solutions, this one-of-a-kind resource is the next frontier of natural, intimate childbirth.

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## **SELFLOVE THROUGH THE SACRED FEMININE**

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## **A GUIDE THROUGH THE PAINTINGS AND CHANNELINGS OF JO JAYSON**

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Red Feather Jo Jayson's extraordinary paintings and channelings of Sacred Feminine archetypes, prophetesses, and women of strength herald the way to a unique path toward Self-Love. Thirteen Divine feminine energies compelled her to paint their images and share their powerful messages of love and healing. View these beacons of Light through prayers, lessons, and wisdom as each offers you a way to reconnect with your true Divine self. Guided by Spirit, Jo helps us to understand that our souls are our "cups full of Source." Learn to love yourself unconditionally, become empowered, access courage, forgive, embody the Sacred Feminine, and weave the web of your life. Now is the time to identify and use your own magical wisdom and the intentions of your heart, guided by the Sacred Feminine within you.

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## **PREPARING FOR BIRTH WITH YOGA**

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HarperThorsons The exercises illustrated in this book help relieve pain, discomfort and tension at all the states of pregnancy including childbirth itself.