

## Dr Foster Good Birth Guide

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all expecting mothers have an innate capacity to give birth safely and naturally but it's easy to be distracted by stories of traumatic births and a deep anxiety that you won't be in control experienced doula and active birth associate nicole croft takes the fear out of labour and childbirth in this empowering and practical guide full of wise advice and simple skills to prepare you mentally and physically nicole tells you everything you need to know to ensure you have a very positive experience giving birth whether you labour naturally or require medical intervention be calm relaxed and prepared for childbirth feel less pain during labour and help your birth progress naturally remain confident and in control throughout the birth feel very positive about your birth with or without medical intervention flourish with your baby in the first weeks after birth warm wise and incredibly reassuring the good birth companion will give you all the information and resources you need to give birth safely to your baby

the politics of birth explores ways in which we learn about birth how we talk and feel about it assumptions that professional caregivers may make and the roles and skills of midwives topics include home birth and water birth the use of drugs in childbirth obstetric and nursing interventions which are often used routinely caesarean sections pressures that care givers are under and the choices presented to women that are more apparent than real throughout the author draws on research based evidence to present both an holistic yet grounded examination of topical issues surrounding pregnancy and childbirth this is not a how to book the aim of the politics of birth is to help the reader develop deeper insight and understanding of how a technocratic birth culture shapes our ideas about birth and obstetric practice

this book contains the names and addresses of acquisitions editors at top publishing houses as well as their area of expertise and information on top literary agents first time and experienced authors will find the information they need to get their big break in the writing business instead of having their manuscripts end up in the slush pile

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