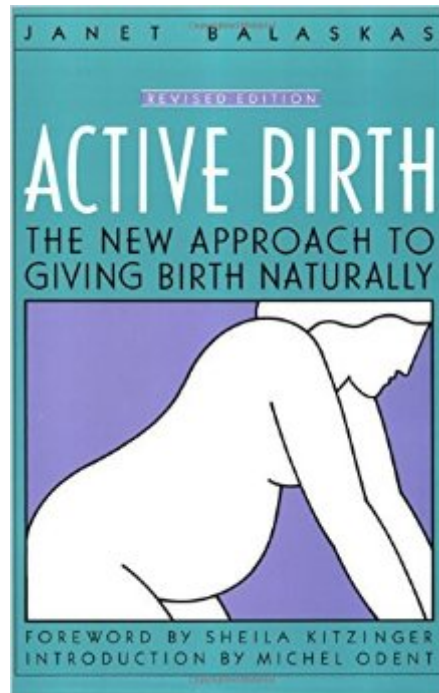


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# Active Birth: The New Approach To Giving Birth Naturally



## Synopsis

Janet Balaskas led a movement of women who refused to give birth lying down. She has been teaching women about "active birth" ever since. In this updated and Americanized guide, Balaskas explains how to prepare for and experience a truly natural birth. She leads the pregnant woman through yoga-based stretching exercises and massage practice, and describes the stages of labor and comfortable positions for each, at home or in a hospital. Balaskas has also included a chapter on water birth as well as postpartum exercises.

## Book Information

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## Customer Reviews

I am a childbirth educator and birth attendant living in Australia. I have been helping moms and their partners for nearly 20 years to be informed and confident in their native capacity to give birth normally, without all the unnecessary medical intervention that is unfortunately occurring these days. There are heaps of books on birth to buy, but still I am convinced that if a pregnant mother can only get ONE book-get this one. It is informative and very empowering and the photos in the new edition are fine and the prenatal exercises are great. The chapter on labour is good for dads to read too. It is a book for folks who would prefer a natural birth and the author is well aware of the consequences of routine medical interventions. Working as a midwife I see what goes on when women are not fully informed when they make choices about birth (more complications, more epidurals and a lot more fear.) Read this book to see what options there really are available for birthing women. THEN make your choices (of birth place and caregiver). There are some other really good books around too. I am in the process of creating a website and will include these titles too, as

well as info on relaxation tapes I have created for pregnant women. Meanwhile, please know that Janet Balaskas has great passion and integrity in her work to teach and empower birthing women. Any of her books are great. I have worked and trained with many people but the time I spent in UK with Janet so many years ago continues to inform my work now, and I continue to receive fantastic feedback from the moms, dads, partners and midwives who I now teach and work with in Australia.

I cannot recommend this book enough. I bought it a few years ago as a labor and delivery nurse as an aide to me to help my patients through labor and delivery. It helped me so much changed my whole philosophy of the way I thought about labor. Well, last month I was able to put the techniques and ideas into practice for myself when I gave birth to my first child with ease the way I wanted... absolutely naturally!!! I used the thoughts and ideas and suggestions offered in this book throughout labor. It tells you what to expect in a non threatening way and offers testimonials from people who have been there and can tell you what THEY thought labor was like. It helps take the fear out of having a baby and believe me when I say fear is the laboring mothers enemy. I have read several books on the subject and have found NO other that can touch what this book offers. I read this book at least 10 times and highlighted important parts and I used it to teach my husband how to coach me through the toughest parts and no fooling there are tough parts for me it was after 7 to 8 centimeters dilated when I transitioned. This book even tells you how you might feel at this hardest part of labor and it is pretty accurate to the way I felt and that way looking back I realise that when I wanted to jump off a bridge for about an hour until I was able to push, this is ok and nothing to feel bad about. The only thing that I found unhelpful to me was the Yoga portions, it show many positions and is very nice to read but it is very difficult to do Yoga from a book , I suggest that you take a class or get a video. But it does offer you some position suggestions that are helpful to open your pelvis and that will aide in flexibility.

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