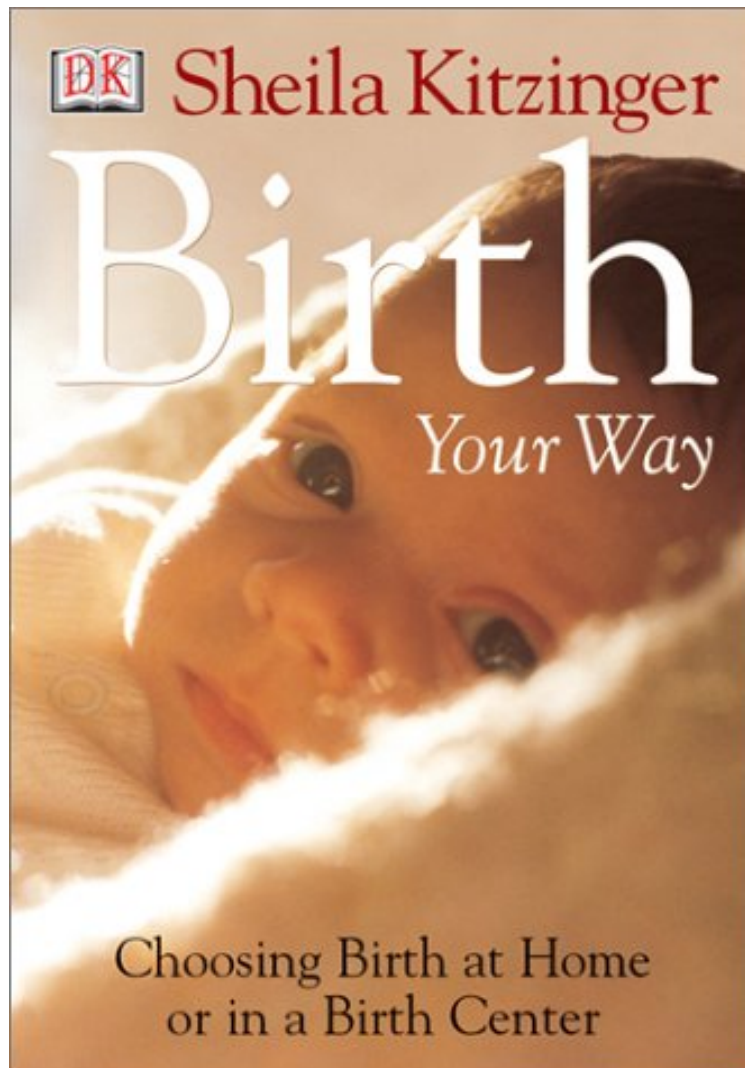


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Birth Your Way

Sheila Kitzinger

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Sheila Kitzinger : Birth Your Way before purchasing it in order to gage whether or not it would be worth my time, and all praised Birth Your Way:

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centers, and hospitals. All of the references and contacts I have researched further have been accurate, as well as helpful. It's a woman-centered, baby-centered, and family-centered book. It gave me a lot to think about and the courage to follow my instincts, as well as to know when it is and isn't safe to give birth out-of-hospital. I highly recommend it for anyone considering whether or not to go a less-medicalized route for her next birth. There is lots of information out there about how to give birth in a hospital setting, but this is one of the few sources of information about giving birth in a more traditional way. Even if one chooses to birth in a hospital, I think there is valuable information here that isn't found other places about why you might want to say no to a routine intervention, how to relax during labor, reasons for certain hospital protocols, birthing positions, having older children present, etc. I've read it several times during more than one pregnancy. It's thought-provoking, encouraging and empowering. I hope it helps you, too.

The best way to choose birth at home or in the hospital. As research discloses the risks of intensively managed hospital birth, increasing numbers of women are considering alternatives. This new updated edition of Sheila Kitzinger's pioneering work gives them the facts. Highly informative yet sensitively written, and supported by firsthand accounts of women's personal experiences of birth, this is the essential guide for every woman considering her options. a longtime champion of freedom of choice in childbirth, Sheila Kitzinger is uniquely placed to advise and support women who want to make the right decision confidently for themselves.

About the AuthorSheila Kitzinger is the world's best-known writer on childbirth from a woman's point of view. She is the author of 23 books, which are published in 20 languages. They include *The New Pregnancy and Childbirth*, *Breastfeeding* and, most recently, *Rediscovering Birth*. Sheila is a social anthropologist of birth and seeks to help women make their own informed choices about pregnancy, birth, breastfeeding, and motherhood.