

## Better Birth

by Hancock, Heather; NEWMAN, LAREEN

Better Birth The Definitive Guide To Childbirth Choices

Better Birth is written from both the personal and professional viewpoint about choosing the birthplace, the caregiver, and how an understanding of the process can result in a truly positive and satisfying birth. Many women think that birth is something that has to 'endured' and are often uncertain about what their real options are. This book clarifies the confusing issues and helps you to make vital decisions about your experience. Completely updated and revised this second edition ensured this essential reference book for women is available.

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