



# **Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation (Revised)**

*Partera Press*

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This holistic approach to childbirth examines this profound rite-of-passage not as a medical event, but as an act of self-discovery. Exercises and activities such as journal writing, meditation, and painting are designed to help mothers analyze their thoughts and face their fears during pregnancy. 144 line drawings. 17 photos.

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