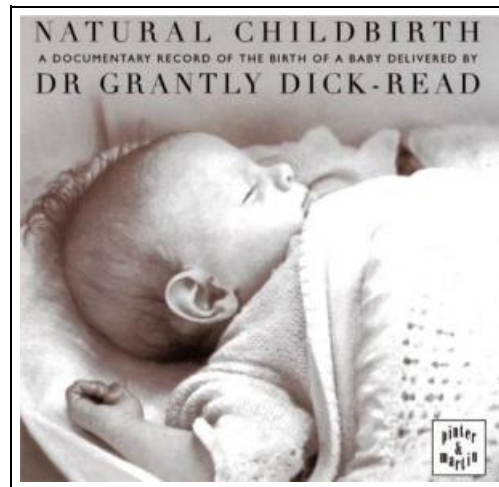


## Natural Childbirth



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### **Reviews**

*Undoubtedly, this is the greatest job by any author. It is actually filled with wisdom and knowledge I am quickly could get a pleasure of reading a written book.*

*(Kade Ankunding)*

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Pinter Martin Ltd., United Kingdom, 2006. CD-Audio. Condition: New. Language: English . Brand New. Dr Grantly Dick-Read died on 11 June 1959. His teaching, however, gains a growing recognition even though others are putting their names to his theories and practices. The delivery on this recording was not in fact an easy one, as the baby was not fully rotated. The record, therefore, not only justifies Dick-Read s teaching but is also a tribute to his own skill as a gynaecologist. The following sleeve notes were written a month after the recording. When my wife informed me that she was going to have a baby, I think my reactions were typical of most husbands. I was delighted, for we both wanted to start a family, but I was also anxious. My knowledge of childbirth was limited. I had heard that pregnancy could be difficult , that labour itself, if not actually dangerous, meant many hours of suffering either nobly endured or alleviated with anaesthesia. My wife, however, insisted that I read Childbirth without Fear by Dr Grantly Dick-Read. There I learned the simple tenets upon which his teaching is founded. The fear of childbirth can be overcome by simple instruction in the truth of natural processes. The methods by which a woman can help herself and not cause her own distress - correct breathing and relaxation for use during pregnancy and labour were explained. Simple exercises (requiring only a few minutes per day) to aid the general fitness for the birth of the baby were described. Dr Dick-Read stressed that even more important than the removal of pain is the spiritual joy the mother experiences when she sees her baby into the world, a joy, which transcends the moment of birth, and has a lasting influence on the family unity. This,...



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