



The Big Book of Birth

Erica Lyon

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At last—everything expecting moms need to know about giving birth

Childbirth is one of the most significant events of any woman's life—and for many, also a source of enormous anxiety and fear. In *The Big Book of Birth* renowned childbirth educator and Realbirth Center founder Erica Lyon offers an antidote to that fear with a comprehensive and up-to-date guide to childbirth. Drawing from more than a decade of teaching expecting parents *what really to expect*, Lyon fills the void that currently exists in childbirth literature, offering clear, current, objective advice on everything from choosing your doctor or midwife, to the realities of assisted and cesarean births, to the many different pain-coping options you can use during delivery and proven techniques that can help you relax and often speed along your labor.

The Big Book of Birth guides women through the four stages of labor, dispelling misconceptions and providing a wealth of objective information in a warm, welcoming, and well-organized format. A long-overdue resource, *The Big Book of Birth* gives expectant mothers the knowledge they need to approach childbirth with confidence and joy.

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From reader reviews:

Odessa Currie:

The Big Book of Birth can be one of your beginning books that are good idea. We recommend that straight away because this reserve has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but delivering the information. The copy writer giving his/her effort to get every word into delight arrangement in writing The Big Book of Birth but doesn't forget the main point, giving the reader the hottest and based confirm resource details that maybe you can be one among it. This great information can certainly drawn you into brand-new stage of crucial thinking.

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