



## Six Practical Lessons for an Easier Childbirth (Paperback)

By Elisabeth D Bing

Bantam Doubleday Dell Publishing Group Inc, United States, 1994. Paperback. Condition: New. 3rd Revised edition. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE BIBLE FOR EVERY COUPLE PREPARING FOR THE BIRTH OF A BABY When it was first introduced more than thirty years ago, the Lamaze method was a revolutionary childbirth technique. Since that time, it has made pregnancy and childbirth easier for millions of women, lessening their dependence on pain medications before and after birth. Elisabeth Bing s classic book on the Lamaze method guides women through the physical and psychological challenges of pregnancy. Six Practical Lessons for an Easier Childbirth details the changes a woman can expect in her body during pregnancy, labor, and delivery and provides a complete program of exercises for increased muscular control and relaxation during childbirth. This guidebook also emphasizes the partner s supportive role in the Lamaze method, both in preparation and in the delivery room. This newly revised edition includes an expanded program with new photographs of exercises for every pregnant woman. Elisabeth Bing also provides more information on what to expect in the hospital, including updated information on cesarean births and the medications commonly prescribed during delivery. Filled...



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