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The Birthkeepers Reclaiming an Ancient Tradition

By Veronika Sophia Robinson

Starflower Press, United States, 2008. Paperback. Book Condition: New. Andri Thwaites (illustrator). 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.The Birthkeepers is a personal invitation to birthing with ecstasy. Veronika Robinson, editor of The Mother magazine, reveals the three secrets to easy, natural vaginal birth. Through examining childbirth history our evolutionary blueprint and reading stories from modern day birthkeepers, we can begin to reclaim an ancient birthing tradition, and make birth safe and sacred again. Despite a dominant birth culture and media images which portray birth as deeply traumatic, painful, deadly and dangerous, this isn't how evolution designed our entry into motherhood. How we give birth, and the experience we have, isn't just a matter of luck or having the best medical attendants. We can all choose to give birth in peace, painlessly, and with pleasure. This exploration of unobserved (unassisted) childbirth shows that what's good for the birthing mother, is also good for the baby arriving birthside. The Birthkeepers is the first UK book on unassisted childbirth.


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