



Natural Birth Stories: The Real Mom's Guide to an Empowering Natural Birth

Shannon Brown

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Natural Birth Stories includes 32 positive natural birth stories from real moms. Each one will inspire and empower you that you too can experience all these benefits of natural birth. Practical wisdom from 25 real natural birthing moms is woven throughout the book.

Do you want a natural birth, but you're feeling scared you won't be able to handle it? Do your friends and family think you're crazy for even trying?

Is it possible to:

Endure the pain of contractions without an epidural?

Feel energized, electric, euphoric, and empowered immediately after labor?

Experience a natural childbirth once and actually want to do it again?

Yes you can!

In Natural Birth Stories you will discover:

- How to ditch the drugs and experience a successful natural childbirth.
- How to confidently make natural decisions for your birth, postpartum, and newborn care.
- How to stay healthy and low risk throughout your pregnancy and natural birth.

You'll find the answers to all your questions about natural birth:

- How do I find an obstetrician or midwife to support my natural birth?
- Which childbirth class should I take to prepare for a natural birth?
- What pregnancy diet plan and exercises should I use?
- How should I write a birth plan for a natural hospital birth or a home birth?
- What should be on my hospital bag or home birth kit list?
- What do contractions feel like and how will I cope?

Get natural birth tips from real moms including:

- Their number one natural birth tips for success
- ...and what they'd do differently if they had it to do over again
- How to deal with unexpected situations and complications
- Natural birth pain relief techniques

After reading the natural birth stories and advice from the real moms in this book, you'll feel confident that you too can achieve a natural birth.

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