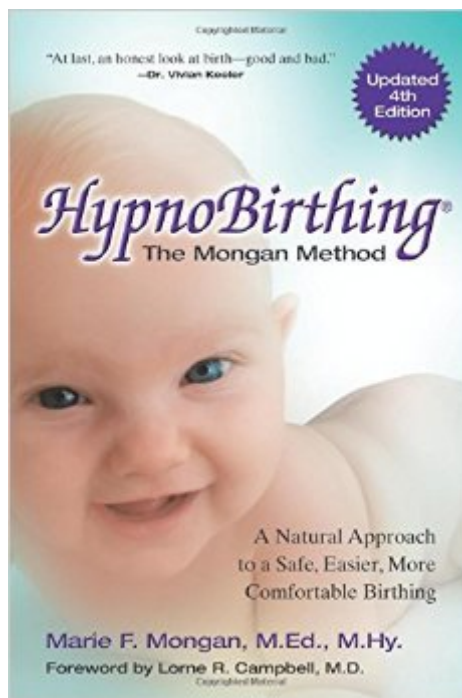


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# HypnoBirthing, Fourth Edition: The Natural Approach To Safer, Easier, More Comfortable Birthing - The Mongan Method, 4th Edition



## Synopsis

HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. Here's why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their infants sleep better and feed more easily when they haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women? And why do more than 40% of births now end in caesarian section, the highest percentage in history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body: tightening of the muscles, reduced blood flow to the birthing muscles, and the release of certain hormones which increase the pain and discomfort of childbirth. This is not hocus-pocus this is science.

## Book Information

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## Customer Reviews

In spite of Mongan's claim that her method is all about relaxation and the release of fear, I was

really disappointed in the rhetoric of this book and how it subtly but consistently engaged in fear mongering toward hospital OB staff. Throughout the book, Mongan describes doctors, OB nurses, and anesthesiologists as being aggressively and/or ignorantly opposed to a birthing mom's autonomy and her right to attempt a natural birth. When I started reading this book, even though it made me feel a lot calmer about what my physical experience of labor and delivery would be like, it made me extremely anxious about how difficult it would be to convince hospital staff to respect my wishes and refrain from unnecessary medical interventions. I was completely shocked, therefore, when I attended a birthing education class at my hospital, and found out that the hospital prioritizes the mother's/parents' wishes (as far as is medically safe), holds off on medical intervention unless it's requested by the mother or is absolutely necessary, and even teaches a few of the same relaxation and breathing techniques that Mongan recommends. Mongan's anti-hospital rhetoric needlessly--and falsely--suggests an adversarial relationship between birthing mother and birthing staff, and I really can't see how that is at all productive. It may have been an accurate characterization decades ago, but in a book that was updated for a new edition in 2015, I think it's a deplorable scare tactic. First-time mothers are anxious enough without being made to think that they need to prepare for battle with doctors and nurses while simultaneously birthing a human.

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