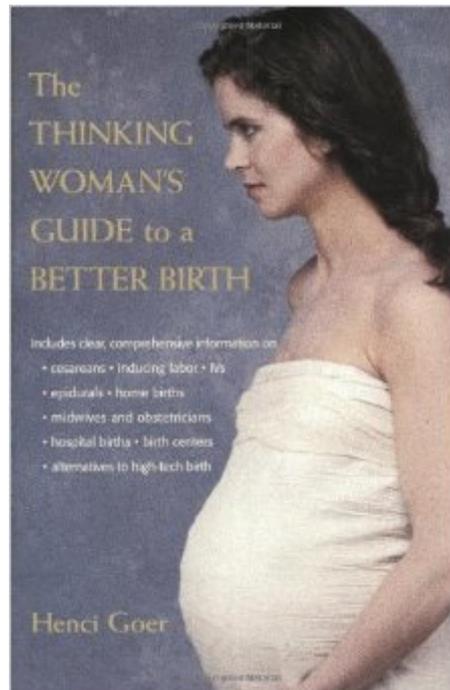


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# The Thinking Woman's Guide To A Better Birth



## Synopsis

As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birth; it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. *The Thinking Woman's Guide to a Better Birth* helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers: Cesareans Breech babies Inducing labor Electronic Fetal Monitoring Rupturing Membranes Coping with slow labor Pain medication Episiotomy Vaginal birth after a Cesarean Doulas Deciding on a doctor or midwife Choosing where to have your baby and much more . . .

## Book Information

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## Customer Reviews

You will NOT like this book if you're looking for a book that presents all options as being equal. You will not read, "When it comes to giving birth, you could do "A." That's a great choice. Or you could do "B," which is just as good. And then there's "C", and if you choose to give birth that way, well that's as good as "A" or "B"." Do not buy this book if you want all your "options" laid out as perfectly equal and beneficial choices for birth. The author clearly states that she is not "neutral" and that she is no more objective than anyone else about what makes for optimal care. The author clearly states that she believes that "midwifery care is superior to medical management for low- and moderate-risk

pregnant women" and that obstetricians are specialists who should only care for women who have high-risk pregnancies. She claims that her book "establishes that the routine or indiscriminate use of medical tests, procedures, drugs and restrictions - the hallmark of obstetric management - does far more harm than good." This claim she backs up with an amazing amount of studies and research. This book will cause you to think about all the things you thought were "normal" and "necessary" parts of labor and birth. It will make you question why the huge majority of Western women are cared for by obstetricians and deliver in hospitals, when most of them have healthy pregnancies. And if the author accomplishes her goal, it will give you the ability to decide what is right for you. You WILL like this book if you believe childbirth to be a fundamentally normal and healthy event in a woman's life, not to be treated as a medical procedure that needs to be "managed."

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