



# **Better Birth: The Ultimate Guide to Childbirth from Home Births to Hospitals**

*Denise Spatafora*

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""It is the mind-body connection that will allow parents to fully experience and appreciate the emotional, physical, and spiritual beauty of childbirth. Better Birth will help guide parents through this journey of creation and destination to birth.""

—Donna Karan

Pregnancy should be a time of joy and celebration. But if you're not emotionally, physically, intellectually, and spiritually prepared for childbirth, it can also be a time of stress and anxiety. This groundbreaking book takes the fear out of labor and delivery and arms you with the knowledge to have an informed, safe, and peaceful birth.

Better Birth will be the one resource that you can turn to again and again to get all your questions answered and feel empowered during your birthing process. Birthing expert Denise Spatafora shows you how to prepare yourself to have the childbirth you want, whether you choose to deliver your baby in a hospital, birthing center, or at home. She shows you how to tap into your mind-body connection to draw upon natural relaxation methods that promote a childbirth experience that is beautiful and fulfilling, rather than frightening. If you're pregnant or thinking of becoming pregnant, you and your baby deserve a better birth.

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