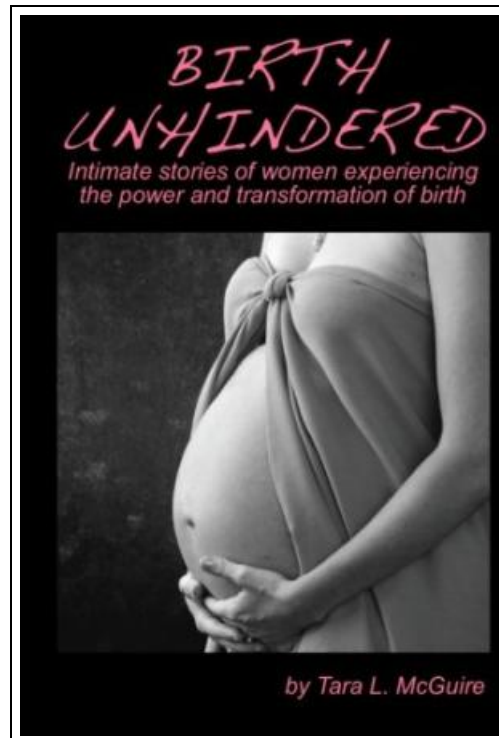


Birth Unhindered: Intimate stories of women experiencing the power and transformation of birth plus a guide to proactive self care.



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BIRTH UNHINDERED: INTIMATE STORIES OF WOMEN EXPERIENCING THE POWER AND TRANSFORMATION OF BIRTH PLUS A GUIDE TO PROACTIVE SELF CARE.



Wellspring Publishing. Paperback. Condition: New. 188 pages. Dimensions: 9.0in. x 6.0in. x 0.4in. About this book No more powerful transformation is available to a woman than that of the unhindered birth of her child. As a woman's body opens to the life of her baby, so too is she opened to the rawness and beauty of woman-hood. At the culmination of an unhindered pregnancy and birth, a woman is left with an increased sense of strength and confidence as a woman and a mother. This often fearful and dreaded event of childbirth is largely misunderstood and shrouded in mystery. The harmful routines and common procedures performed during pregnancy, labor and birth more often than not strip the mother of her ability and right to birth spontaneously and with the joy and love possible. By lessening fear and increasing awareness, a woman is able to come through her journey of natural childbirth as a new and stronger woman and mother. The book Birth Unhindered will help increase confidence, peace and acceptance of this transformative time in life as well as allow the reader to participate in the journeys of other women just like her. Tara McGuire is a speaker and author on the topics of pregnancy, birth, personal growth and empowerment. She has a history as a Certified Childbirth Educator and CCE Trainer through Birth Works Inc. , as well as acting as a birth attendant. Currently, Tara co-owns and operates Epidavros Center for Wellbeing and Epidavros Yoga Studio with her husband, Don. In addition to these activities, Tara is a home-schooling mother of four children and surrogate mother to one. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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