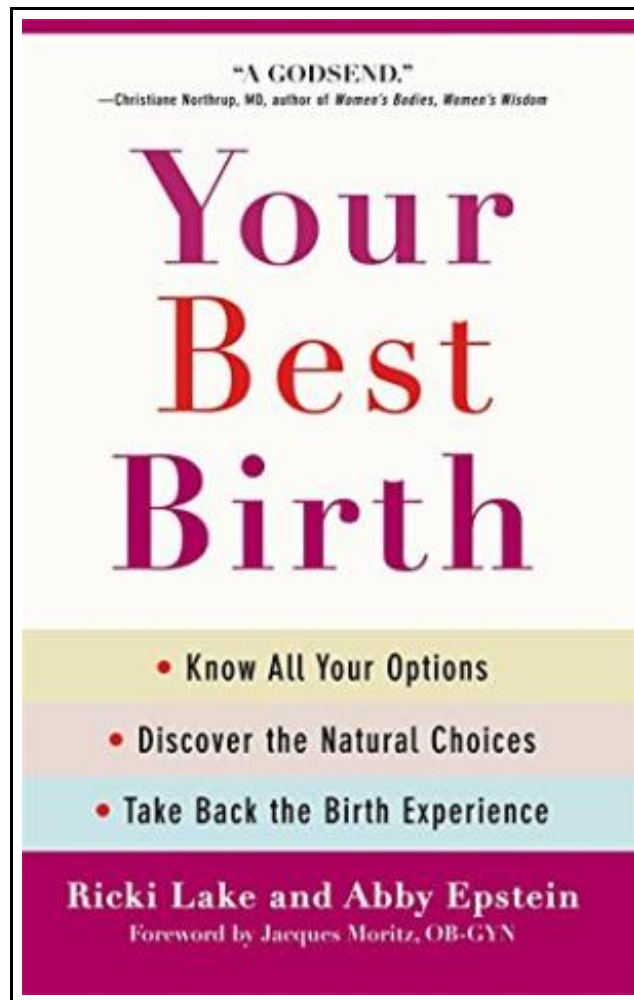


## Your Best Birth: Know All Your Options, Discover the Natural Choices, and Take Back the Birth Experience



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Grand Central Life & Style. Paperback. Book Condition: New. Paperback. 272 pages. Dimensions: 7.9in. x 5.1in. x 0.9in. The national C-section rate is at an all-time high of 31 percent. Are all these C-sections necessary, or are some of them done simply for the sake of convenience? Inductions seem to be the norm, but are they always needed? Today, expectant mothers are often left feeling powerless, as their instincts are replaced by drugs and routine medical procedures. What you are about to discover is that you have a choice, and you have the power to plan the kind of birth that's right for you—whether it is at a birth center, a hospital, or at home. In **YOUR BEST BIRTH**, internationally known advocates of informed choice Ricki Lake and Abby Epstein inspire women to take back the birth experience, with essential advice on: Positive and negative effects of epidurals, Pitocin, and other drugs and interventions; Inducing vs. allowing your labor to progress naturally; The truth behind our country's staggering C-section rate; Assembling your birth team and creating your birth plan. With chapters such as *Obstetricians: Finding Dr. Right*, *Epidurals: You Haven't Got Time for the Pain*, and *Electronic Monitors: Reading between the Lines*, Lake and Epstein will encourage you to consider whatever your doctor, mother, and best friend may suggest in a new light. The book also includes inspiring birth stories, including those from well-known personalities, such as Laila Ali and Cindy Crawford. Packed with crucial advice from childbirth professionals, and delivered in a down-to-earth, engaging voice, **YOUR BEST BIRTH** is sure to renew your confidence and put the control back where it belongs: with parents-to-be! Review: Abby Epstein and Ricki Lake have taken a wonderful and constructive approach to ensuring an optimal birthing experience. Their language creates a climate of confidence for...



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