

Big book of birth

Plume Book - The Big Book of Birth by Erica Lyon



Description: -

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Self-care, Health

Pregnancy

Labor (Obstetrics)

Childbirthbig book of birth

-big book of birth

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The Big Book of Birth by Erica Lyon

The author raised several important points and went through the birth process in a logical manner that was really helpful. Drawing from more than a decade of teaching expecting parents Childbirth is one of the most significant events of any woman's life--and for many, also a source of enormous anxiety and fear. I read many reviews about The Big Book of Birth By EricaLyon before purchasing it in order to gage whether or not itwould be worth my time, and all praised , declaring it one of the best , something thatall readers will enjoy.

The Big Book of Birth by Erica Lyon

But there are other options too. It helped me start a birth plan and form opinions on things I had never thought about, by presenting the pros and cons of all sides.

The Big Book of Birth

The author sets realistic birthing expectations, and tries to get you prepared for anything. I also didn't want a book that was going to make me feel like a terrible person if I had to have an induction or opted for an epidural.

The Big Book of Birth

It was hard to find one! Some of the birth stories were helpful. Shaking is a side affect of the epidural, who knew? I get turned off by books that push a big agenda, which you will find in childbirth books all the time, natural V.

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