

# Big book of birth

## Plume Book - The Big Book of Birth by Erica Lyon



Description: -

- Self-care, Health

Pregnancy

Labor (Obstetrics)

Childbirthbig book of birth

-big book of birth

Notes: Includes bibliographical references and index.

This edition was published in 2007



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Tags: #The #Big #Book #ofBirth

### 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.

### The Big Book of Birth by Erica Lyon

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