

# Big book of birth

## Plume Book - The Big Book of Birth



Description: -

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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



Filesize: 39.78 MB

Tags: #The #Big #Book #of #Birth #on #Apple #Books

### The Big Book of Birth by Erica Lyon

So what Lyon is up to: she 1 offers physiological information about the processes of pre-labor, labor, and childbirth, 2 explains some of the options one has meds, pain control, types of birthing facilities and doctors, etc. Although I hope to have a natural birth, I HAVE to have my baby in a hospital and I didn't want a book that was going to make me feel bad or scared about that.

### The Big Book of Birth

It actually made me really excited about the big day, whenever and however it goes down! It is BY FAR my favorite book on birth of all the books I read trying to get ready for Kendra's birth. Like, for instance, why the heck did my legs and feet swell up like balloons AFTER birth? I am immediately turned off by any material or presentation that implies that using an epidural as wrong as I don't believe this is the case, and I know that birth will be a trying experience, and so I want to leave my options and mind open so that I don't experience guilt or regret after the fact. I love how Lyon's only real objective is simply to educate women so that they understand what's happening and can make good choices for themselves.

### The Big Book of Birth (2008 edition)

Drawing from more than a decade of teaching expecting parents what really to expect, Lyon fills the void that currently exists in childbirth literature, offering clear, current, objective advice on everything from choosing your doctor or midwife, to the realities of assisted and cesarean births, to the many different pain-coping options you can use during delivery and proven techniques that can help you relax and often speed along your labor. Maybe if that's the case I'll come back and update this review, but I likely won't because, you know, I'll have a newborn and updating my Goodreads reviews will probably not be a high priority.

### The Big Book of Birth

I'm sure there's more to learn that I just won't learn until it happens to me! I realized it was biased at the time I read it, but that bias came out even more after I gave birth. Some of the birth stories were helpful.

### The Big Book of Birth by Erica Lyon

I'm going to read his review now and see if they match. I now have a great foundation of what I want my babes birthday to be like.

### **The Big Book of Birth (2008 edition)**

It did offer a pretty balanced view of childbirth options, natural and medicated. The Big Book of Birth guides women through the four stages of labor, dispelling misconceptions and providing a wealth of objective information in a warm, welcoming, and well- organized format. Also, some of the birth stories were borderline annoying.

### **The Big Book of Birth**

Having given birth before I read childbirth books a little differently. She has an interesting tone -- playful at times, but not overly jocular, didactic, or banal. I wanted to read at least one book on labor and after reviewing a few this one seemed the most objective.

### **The Big Book of Birth by Erica Lyon**

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