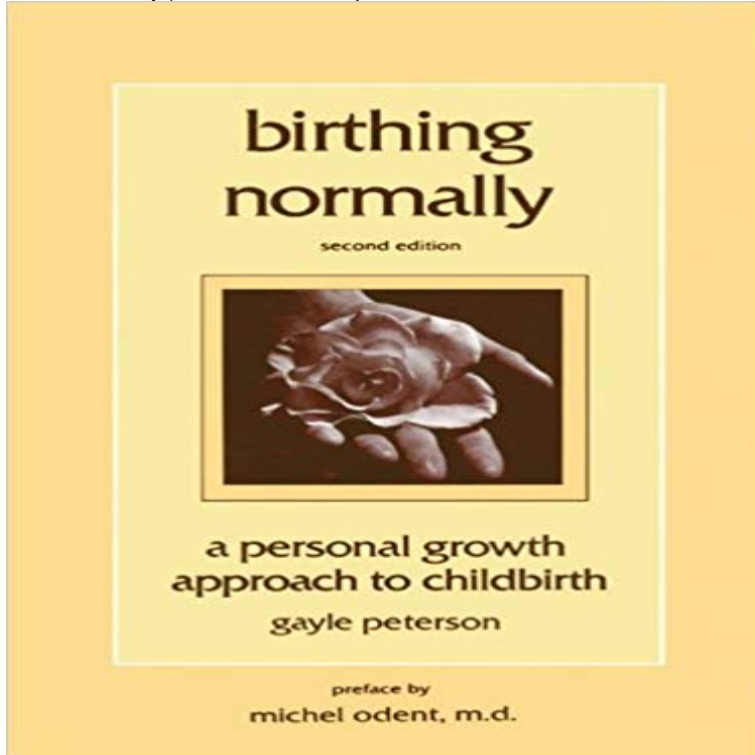


Birthing Normally: A Personal Growth Approach to Childbirth



Pregnancy is a time of natural stress. It is the healthy stress of changes that flow within a woman physically and emotionally, as she grows towards motherhood. Ever evolving, a woman travels through pregnancy and birth ready for the work of mothering and family synthesis. Birthing Normally is about the very intimate nature of personal growth in pregnancy, and a woman's quest towards birth, in both physical and psychological terms. It is also a very practical guide to understanding and applying holistic principles of prenatal care for the physician, midwife, and childbirth educator interested in decreasing complications of birth, and increasing potential for normal childbearing. It is the first technical book about birth that has been widely read by both the childbirth professional and by women preparing for labor and birth.

Editorial Reviews:...

This very special book explores and unites essential elements for birth...strength and softness, pain and pleasure, growth and change. -- Elizabeth Noble, author of *Childbirth with Insight and Exercises for the Childbearing Year*

This is a terrific book. The approach is suitable for professional and families alike...I highly recommend *Birthing Normally*. -- Mimi Bronner, R.N., Professor of Nursing, University of Maryland

5.0 out of 5 stars A must read for midwives and childbirth educators, December 21, 2008

By Callie Foulk - Effective communication and belief exploration are the central themes of *Birthing Normally*. If you're a midwife or childbirth educator looking for ways to better serve your clients, Gayle Peterson, with her expertise in the field of birth therapy, points the way. She reminds us that how information is communicated affects learning. She stresses the importance of presenting information congruently, for we do women a grave disservice by focusing on what can go

wrong in labor before doing a thorough study of what goes right and why rightness should be expected! Birthing Normally reminds us that confidence building should be the first order of business in effective childbirth preparation. Not until an educator has facilitated a thorough understanding of normal birth should she address deviations from the norm. Educators who fall into the trap of using statistics as the primary references for teaching take on the medical models myopic view of birth and contribute to birthing women having a depersonalized view of themselves. It is a distortion of communication to present medical statistics as fact Peterson states. (page 152). I love this quote (page 3): As a woman lives, so shall she give birth, so shall she die; in like manner and style to her own individual approach to life. I believe that pregnancy and birth are a microcosm of life, and this book challenged me to clarify my personal beliefs about the spiritual nature of birth. Birth represents profound change. Through birth, we women have a unique opportunity to learn a better way of being in the world, and perhaps beyond this world, by taking responsibility for our experiences. I wonder if women have a unique opportunity in childbirth--specifically that moment of total surrender when we open and release our precious offspring from the safety of our wombs; as we experience the metaphorical death of our pregnant selves and are reborn as mothers--to glimpse and gracefully prepare for the experience of old age and death, when we will release our souls, like babies, and surrender to the unknown. Birthing Normally is an exceptionally well-written resource for all birth professionals who want to improve their understanding of how to help birthing women, and for anyone who wants to explore the psychological and metaphysical aspects of birth.

Pregnancy is a time of natural stress. It is the healthy stress of changes that flow within a woman physically and emotionally, as she grows towards motherhood.: Birthing Normally : A Personal Growth Approach to Childbirth

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