

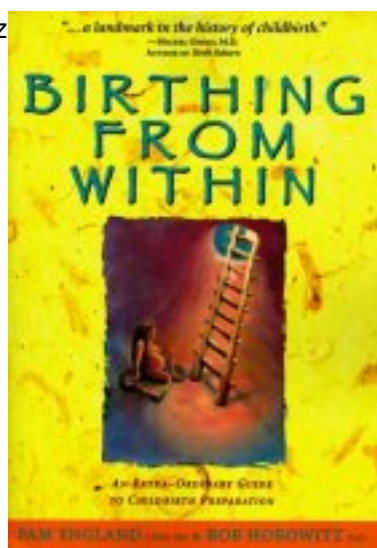


## **Birthing from Within : An Extra-Ordinary Guide to Childbirth Preparation**

**By Incooper**

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Pam England & Rob Horowitz



This holistic approach to childbirth examines this profound rite-of-passage not as a medical event, but as an act of self-discovery. Exercises and activities such as journal writing, meditation, and painting are designed to help mothers analyze their thoughts and face their fears during pregnancy. A wonderful resource for women planning for a new birth, or for women looking to do some emotional work on healing from a past birth experience.

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