

SECOND REVISED EDITION
FULLY ILLUSTRATED
THE LAMAZE METHOD

SIX
PRACTICAL
LESSONS
FOR AN
EASIER
CHILDBIRTH

BY ELISABETH BING

THE ONE BOOK THAT MILLIONS
OF PREGNANT WOMEN RELY ON TO HELP
THEM THROUGH CHILDBIRTH

Six Practical Lessons For An Easier Childbirth

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Giving Birth With Confidence (Official Lamaze Guide, 3rd Edition) Judith Lothian, Charlotte DeVries, 2017-03-28

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with issues of power over the intimacies of women's bodies and psyches as well as power in the workplace professional societies and the courts In order to help the reader understand these issues more fully this fine book also describes some of the historical and social contexts in which women have not had power or have gained power **Lamaze** Paula A. Michaels, 2014-02-20 The Lamaze method is virtually synonymous with natural childbirth in America In the 1970s taking Lamaze classes was a common rite of passage to parenthood The conscious relaxation and patterned breathing techniques touted as a natural and empowering path to the alleviation of pain in childbirth resonated with the feminist and countercultural values of the era In Lamaze historian Paula A Michaels tells the surprising story of the Lamaze method from its origins in the Soviet Union in the 1940s to its popularization in France in the 1950s and then to its heyday in the 1960s and 1970s in the US Michaels shows how for different reasons in disparate national contexts this technique for managing the pain of childbirth without resort to drugs found a following The Soviet government embraced this method as a panacea to childbirth pain in the face of the material shortages that followed World War II Heated and sometimes ideologically inflected debates surrounded the Lamaze method as it moved from East to West amid the Cold War Physicians in France sympathetic to the communist cause helped to export it across the Iron Curtain but politics alone fails to explain why French women embraced this approach Arriving on American shores around 1960 the Lamaze method took on new meanings Initially it offered a path to a safer and more satisfying birth experience but overtly political considerations came to the fore once again as feminists appropriated it as a way to resist the patriarchal authority of male obstetricians Drawing on a wealth of archival evidence Michaels pieces together this complex and fascinating story at the crossroads of the history of politics medicine and women The story of Lamaze illuminates the many contentious issues that swirl around birthing practices in America and Europe Brimming with insight Michaels engaging history offers an instructive intervention in the debate about how to achieve humane empowering and safe maternity care for all women *Effectiveness and Satisfaction in Antenatal Care* M. Enkin, I. Chalmers, 1982-04-22 The potential contribution of antenatal care to health is enormous However if this potential is to be fully realised the content and organisation of that care must be more imaginatively conceived and realised and must take into account the uncomfortable paradox that antenatal care is a mixture of science and magic This book faces that paradox asking what in antenatal care has been shown by proper scientific method to work what is questionable dogma what is magic what should be done now This volume is intended not only for those professionals giving the care and for the potential mothers receiving it but also for all those who influence decisions concerning the future of antenatal care such as politicians researchers and the public in general

Decoding **Six Practical Lessons For An Easier Childbirth**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Six Practical Lessons For An Easier Childbirth**," a mesmerizing literary creation penned by a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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