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Rhea Dempsey

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Rhea Dempsey : Birth With Confidence: Savvy Choices for Normal Birth before purchasing it in order to gauge whether or not it would be worth my time, and all praised Birth With Confidence: Savvy Choices for Normal Birth:

3 of 3 people found the following review helpful. If you want the reality of labour, this book is a must!By mareedpIf you are concern about labour and what to possibly expect, THIS IS THE BOOK FOR YOU!!!! It's wonderfully written. The down to earth, straight shooting, funny text is simple and easy to read. It doesn't over complicate information and gives the tools to be a savvy woman or savvy supporter for a labouring woman. Both women, men and anybody who may end up in close proximity to a labouring woman needs to read this book. Thank you Rhea for the window you have opened for this student midwife!3 of 3 people found the following review helpful. I love it!By courtneyI love this book!! I highly recommend it. I truly believe that what I learnt from this book got me through my two natural labours. I learnt so much more from this book than I did from any class that I attended. It really is a must read for any pregnant lady and her support team!3 of 3 people found the following review helpful. If there is only one book you read during pregnancy ...By CaseIf there is only one book you read during pregnancy, this should be it. No matter what type of labour you imagine having, this book will educate, enlighten and most importantly empower you.

Chapter 1.The birth you want: what motivates the willing woman?Chapter 2.Reality hurts: birth in the labour-bypass eraChapter 3.It's a fine line: reframing pain in labourChapter 4.Approaching labour: what pain type are you?Chapter 5.Crisis of confidence: when self-belief crumblesChapter 6.The right support: who will get you through?

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