



Mind over Labor: A Breakthrough Guide to Giving Birth (Penguin Handbooks)

Carl Jones

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The fear and pain most women expect from pregnancy can at last be overcome. Carl Jones, a certified childbirth educator, tells how using mental imagery can help you reduce the pain of labor by controlling the fear beforehand. His easy-to-follow, eight-step method, which teaches your mind to cooperate with your body, will help make your childbirth less stressful and more natural. Whether you plan to give birth at home, in a childbearing center, or in a hospital, Carl Jones's simple exercises will put you in touch with the best instrument of birth there is—yourself.

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