



# The Thinking Woman's Guide to a Better Birth

*Henci Goer*

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## **The Thinking Woman's Guide to a Better Birth** Henci Goer

As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birth—it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice.

Birth activist Henci Goer gives clear, concise information based on the latest medical studies. **The Thinking Woman's Guide to a Better Birth** helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers:

- Cesareans
- Breech babies
- Inducing labor
- Electronic Fetal Monitoring
- Rupturing Membranes
- Coping with slow labor
- Pain medication
- Epistiotomy
- Vaginal birth after a Ceasarean
- Doulas
- Deciding on a doctor or midwife
- Choosing where to have your baby
- and much more . . .

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