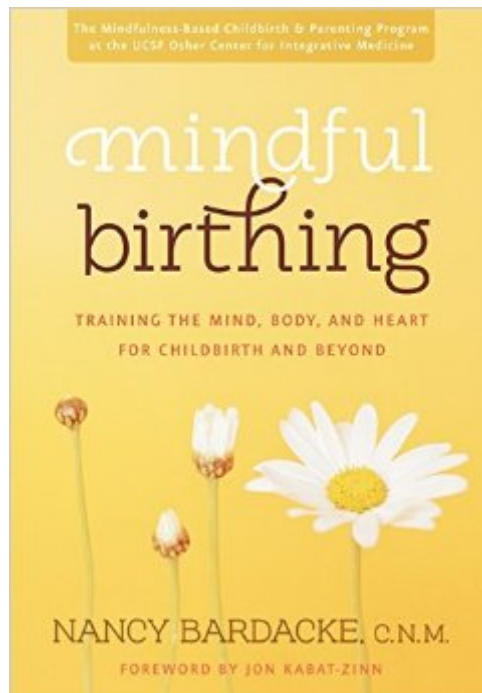


The book was found

Mindful Birthing: Training The Mind, Body, And Heart For Childbirth And Beyond



Synopsis

With *Mindful Birthing*, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting.

SOME OF THE BENEFITS OF MINDFUL BIRTHING: Increases confidence and decreases fear of childbirth
Taps into deep inner resources for working with pain
Improves couple communication, connection, and cooperation
Provides stress-reducing skills for greater joy and wellbeing

American College of Nurse-Midwives' Best Book of the Year Award: 2014
National Parenting Publications Award: 2013
Mom's Choice Award: 2013
Greater Good Science Center's Top Ten Books: 2012

Book Information

Paperback: 384 pages

Publisher: HarperOne; Original edition (July 10, 2012)

Language: English

ISBN-10: 006196395X

ISBN-13: 978-0061963957

Product Dimensions: 6 x 1 x 9 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars See all reviews (127 customer reviews)

Best Sellers Rank: #10,038 in Books (See Top 100 in Books) #34 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #661 in Books > Parenting & Relationships

Customer Reviews

I only made it half way through this book and my son came early and even having only read half the book, I honestly don't think there is enough space for me to praise "Mindful Birthing" on here. I can't say thank you enough! When it came to having a natural child birth I can say the two biggest factors that kept me going were having a doula and reading this book. EVERYTHING Nancy says is dead on. I was just expecting to be in pain, I didn't know that the times between contractions are actually pleasurable because of oxytocin and that fearing the pain of the next contraction or getting caught up on the pain of the last one causes our body to produce adrenaline and that blocks oxytocin slowing down labor and making it more painful. In the 2nd part of labor I was actually falling in and out of sleep. There was a woman across the hall screaming her head off and I listened as the

nurses mentioned all the pain meds they gave her and I had people in shock with how calm I was with no meds. My boyfriend couldn't believe how calm I was. I'm the kind of person who couldn't handle pain before I was afraid of it. I cried over a stubbed toe. I am no longer afraid of physical pain. I had my birth at the hospital with a midwife, we actually brought a birthing tub and had high hopes of our son being born in the water but they took me out of the water to take my vitals and he was born 15 minutes later in the bed. The pain management exercises using ice are GENIUS! I found myself using the body scan very often. I was able to successfully investigate a slight pain in my right foot during several contractions and focus on the parts of my body that didn't hurt and felt just fine.

[Download to continue reading...](#)

Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond Husband-Coached Childbirth (Fifth Edition): The Bradley Method of Natural Childbirth Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training Running with the Mind of Meditation: Lessons for Training Body and Mind The Mind-Body Code: How the Mind Wounds and Heals the Body The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals Savor: Mindful Eating, Mindful Life HypnoBirthing, Fourth Edition: The natural approach to safer, easier, more comfortable birthing - The Mongan Method, 4th Edition Birthing the Sermon: Women Preachers on the Creative Process Puppy Training Guide 4th Edition: The Ultimate Handbook to Train Your Puppy in Obedience, Crate Training, and Potty Training What I'd Teach Your Horse: Training & Re-Training the Basics (Horse Training How-To) (Volume 8) Autogenic Training: A Mind-Body Approach to the Treatment of Chronic Pain Syndrome and Stress-Related Disorders (Mcfarland Health Topics) Autogenic Training: A Mind-Body Approach to the Treatment of Fibromyalgia and Chronic Pain Syndrome The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma Body Language: Discover How To Connect, Analyze And Influence People In A Subconscious Level By Understanding Their Nonverbal Communication (Behavior, ... Mind, Mind Power, Brain Hidden Power) Adventures Beyond the Body: How to Experience Out-of-Body Travel Healing Beyond the Body: Medicine and the Infinite Reach of the Mind Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit Every Young Woman's Battle: Guarding Your Mind, Heart, and Body in a Sex-Saturated World (The Every Man Series) Experiential Worship: Encountering God with Heart, Soul, Mind, and Strength (Quiet Times for the Heart)

[Dmca](#)