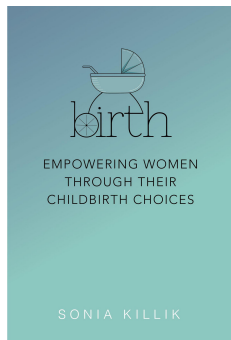


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BIRTH F CK YEAH EBOOKS 2019



Author: Sonia Killik

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The book that is changing the way women see childbirth and mother Sonia Killik, urges and empowers expectant mothers to take back control of their bodies and their births. In a medicated world dominated by caesareans, interventions and impersonality, this step-by-step guide navigates the world of pregnancy and birth. It provides an in-depth account of all the options available to expectant women – from midwives and doulas, home and hospital births, and all the drugs and interventions in between – leaving the reader fully-equipped, knowledgeable and ready to take on nature's biggest and most rewarding challenge – to bring a baby into this world. By sharing her own personal experience of pregnancy, birth and breastfeeding, this book is an honest, empowering and highly readable guideline to childbirth. Learn about each birthing method available to you how your birthing choice effects your baby and yourself. Pre and post birth guides and support. Breastfeeding and formula choices. If you read only one book before birthing your child, this should be it.

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