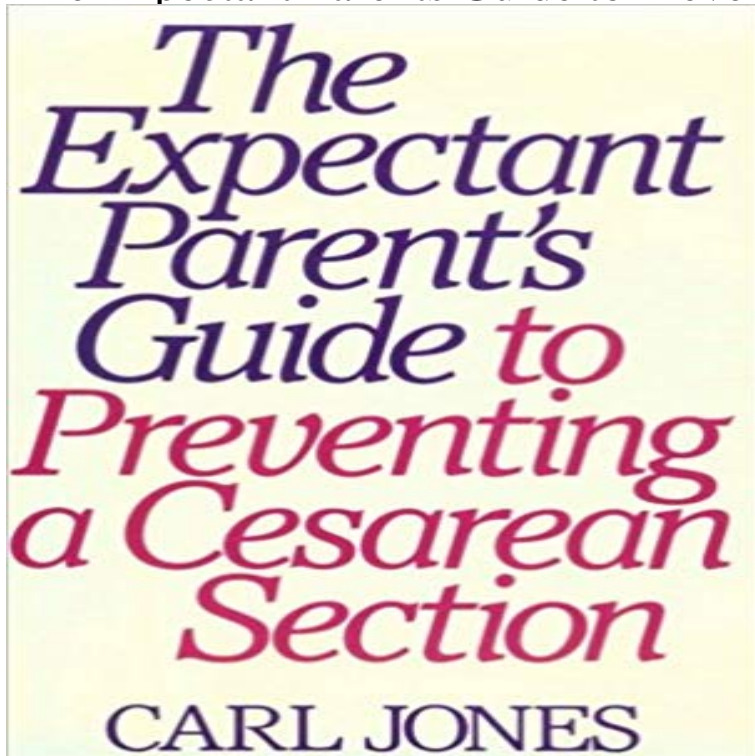


The Expectant Parents Guide to Preventing a Cesarean Section



If I had to name three books expectant parents should read, this would be one of them. Donald

Creevy, M.D.

Professor of Obstetrics

In this country one in four women--750,000 each year--undergo cesarean sections. Most suffer pain and disappointment ... and search out ways to avoid the experience again. Filled with authoritative and practical information, this book points the way toward safe and positive vaginal delivery for both first-time and post-cesarean parents. The Expectant Parents Guide to Preventing a Cesarean Section details the full consequences of unnecessary cesareans--physical trauma to mother and baby, maternal-infant separation, increased risk of maternal illness and death, and greater difficulty in breastfeeding. Step-by-step procedures provide a compassionate, well-researched plan for cesarean prevention. You will learn exactly what safeguards to take during pregnancy and how to use the authors highly successful guided imagery techniques.

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