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"New Active Birth" is the new and revised edition of Janet Balaskas' pioneering and acclaimed "Active Birth" covering over 180 clear black and white photographs and line drawings throughout. Fully updated and extended with new information - includes sections on Water Birth and Recovery After Birth.

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Active Birth helps parents to prepare for and to experience a more liberated, more natural and therefore more comfortable childbirth. Active Birth wisdom applies throughout the pregnancy. This book shows how to develop the body's natural resources and to deal instinctively with the experience of childbirth.

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