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Synopsis Books:

Doulas and midwives are increasingly popular options for childbirth; this book answers questions for those considering the help of a doula or midwife at birth.

Take Control of Your Childbirth Experience

New moms are spreading the word to pregnant women just like you: Doulas make pregnancy and childbirth the celebratory experience it is meant to be! Doulas are professionally trained women who provide support before, during, and after delivery. Research has shown that doulas help women have positive birth experiences, decrease the need for pain medication, improve breastfeeding success, and reduce the need for cesarean sections and other invasive procedures. Author Rachel Gurevich interviewed more than 235 women and birth professionals to bring you this best-kept pregnancy secret. Inside, you'll find real mothers' stories and discover how doulas make a joyful difference in childbirth. You'll learn:

The many ways doulas provide labor support, whether you plan a "natural" or medicated birth

How to find, hire, and choose the right doula

How specialized doulas can help you before or after the baby's birth

How doulas help the dad-to-be

And more!

Foreword by Mayer Eisenstein, M.D., medical director, Homefirst Health Services

Praise for *The Doula Advantage* :

"Doulas really do make a difference in having a safe and satisfying birth, as you will learn in this book." **William Sears, M.D.**, coauthor, *The Baby Book*

"Comprehensive, thought-provoking, and highly moving. . . . A must read for any woman thinking of using the services of a doula." **Ann Douglas**, author, *The Mother of All Pregnancy Books* and *The Mother of All Baby Books*

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