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Childbirth Without Fear The Principles

Childbirth Without Fear: The Principles and Practice of Natural Childbirth [Dick-Read, Grantly, Gaskin, Ina May] on Amazon.com. *FREE* shipping on qualifying offers. Childbirth Without Fear: The Principles and Practice of Natural Childbirth

Childbirth Without Fear: The Principles and Practice of ...

Although "Childbirth Without Fear" is a catchy title, I think a more accurate title would have been "Childbirth Without Ignorance." The basic gist is that the more a mother knows about the mechanics of childbirth, the more she is able to relax and break the fear-tension-pain cycle that leads to [in Dick-Read's view, abnormally] painful labors.

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Grantly Dick-Read (1890-1959) studied at Cambridge and at the London Hospital. The publication of Childbirth without Fear caused widespread controversy but, encouraged by many women who had given birth using the 'Dick-Read method', he dedicated his life to promoting natural childbirth.

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Childbirth Without Fear illuminates so many of the patronizing, inaccurate, and destructive attitudes and practices of an earlier era. In fact, it was so transformative that Dick-Read was ostracized for writing it and practicing his ideas. The ideas Dick-Read promoted emphasized a new approach to obstetrics.

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Childbirth Without Fear: The Principles and Practice of Natural Childbirth Paperback – Illustrated, May 16 2013 by Grantly Dick-Read (Author), Ina May Gaskin (Foreword) 4.4 out of 5 stars 179 ratings

Childbirth Without Fear: The Principles and Practice of ...

As one of the most influential birthing books of all time, Childbirth Without Fear is essential reading for all parents-to-be, childbirth educators, midwives and obstetricians! This definitive reissue includes the full text of the fourth edition, the last completed by Grantly Dick-Read before his death in 1959, and The Autobiography of Grantly Dick-Read , compiled from his writings.

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...

Childbirth Without Fear: The Principles and Practice of Natural Childbirth. by Grantly Dick-Read. ... documented and then taught women how to have childbirth without fear and without more than intense discomfort (like hard work, instead of pain). Although drugs were always an option, most women, who were trained by him, refused the drugs and ...

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Childbirth without Fear : The Principles and Practice of Natural Childbirth. In an age when normal birth can still be overtaken by obstetrics, Grantly Dick-Read's philosophy is still as fresh and relevant as it was when he originally wrote this book.

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