



## Better Birth: The Ultimate Guide to Childbirth from Home Births to Hospitals

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By Denise Spatafora

Turner Publishing Company. Paperback. Book Condition: new. BRAND NEW, Better Birth: The Ultimate Guide to Childbirth from Home Births to Hospitals, Denise Spatafora, This revolutionary book helps expectant mothers prepare both the mind and body for birthing in order to have a connected, fulfilling delivery. This book leaves couples educated, empowered, and trusting of themselves and their choices. Denise Spatafora shows mothers how the mind affects the body during birth and what it takes to create the birth experience they really want. She reviews different birthing options, shows how to draw up a birthing plan, and shares meditation techniques, affirmations, visualizations, and exercises to help women reclaim control of childbirth and experience it as a miracle of life instead of a dreaded medical procedure. Denise Spatafora (New York, NY) is the creator and founder of BornClear, the nationally recognized birthing method that has been featured on the Today show. She has appeared in the New York Times, the Wall Street Journal, Vogue, Elle, Women's Wear Daily, the New York Observer, New York magazine, Modern Bride, and Allure. She is also the spokesperson for Dove's inner beauty campaign.



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