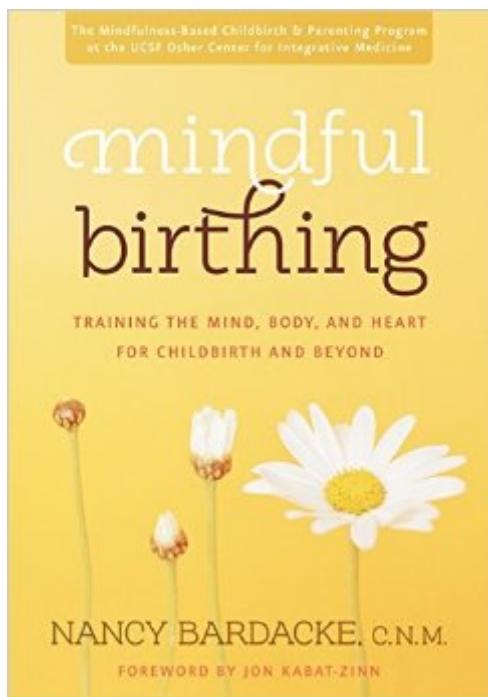


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# Mindful Birthing: Training The Mind, Body, And Heart For Childbirth And Beyond



## Synopsis

With *Mindful Birthing*, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. **SOME OF THE BENEFITS OF MINDFUL BIRTHING:** Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing **American College of Nurse-Midwives' Best Book of the Year Award: 2014** **National Parenting Publications Award: 2013** **Mom's Choice Award: 2013** **Greater Good Science Center's Top Ten Books: 2012**

## Book Information

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## Customer Reviews

I only made it half way through this book and my son came early and even having only read half the book, I honestly don't think there is enough space for me to praise "Mindful Birthing" on here. I can't say thank you enough! When it came to having a natural child birth I can say the two biggest factors that kept me going were having a doula and reading this book. EVERYTHING Nancy says is dead on. I was just expecting to be in pain, I didn't know that the times between contractions are actually pleasurable because of oxytocin and that fearing the pain of the next contraction or getting caught up on the pain of the last one causes our body to produce adrenaline and that blocks oxytocin slowing down labor and making it more painful. In the 2nd part of labor I was actually falling in and out of sleep. There was a woman across the hall screaming her head off and I listened as the

nurses mentioned all the pain meds they gave her and I had people in shock with how calm I was with no meds. My boyfriend couldn't believe how calm I was. I'm the kind of person who couldn't handle pain before I was afraid of it. I cried over a stubbed toe. I am no longer afraid of physical pain. I had my birth at the hospital with a midwife, we actually brought a birthing tub and had high hopes of our son being born in the water but they took me out of the water to take my vitals and he was born 15 minutes later in the bed. The pain management exercises using ice are GENIUS! I found myself using the body scan very often. I was able to successfully investigate a slight pain in my right foot during several contractions and focus on the parts of my body that didn't hurt and felt just fine.

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