

REAL BIRTH

women share their stories

ROBIN GREENE

Real Birth Women Share Their Stories

Elisa Facio,Irene Lara



Real Birth Women Share Their Stories:

Real Birth Robin Greene, 2015-07-14 Intimate and intensely personal the forty five first person narratives contained in Real Birth Women Share Their Stories offer readers a window into the complex and emotionally exciting experience of childbirth Women from a full range of socioeconomic backgrounds and circumstances recount the childbirth choices they ve made and the ways those choices have played themselves out in the real life contexts of their everyday lives Readers meet women from all over the country who speak to us directly no interviewer intrudes no judgments intrude and no single method of childbirth is advocated Instead these women offer us their candid experiences presented clearly and unflinchingly Medically reviewed by physicians Dr Richard Randolph for the first edition and Dr Deborah Morris for this second edition Real Birth offers readers a plethora of correct information as well the kind of real scoop that other books and health care professionals are often reluctant to reveal The result is a well grounded book that reaches across the boundaries of childbirth literature Real Birth is introduced by Ariel Gore journalist editor writer and founding editor publisher of Hip Mama an Alternative Press Award winning publication about the culture of motherhood Also included are an extensive glossary of medical terms a thoroughly researched selective bibliography and a list of resources of interest to pregnant women and new moms

Birthing Justice Julia Chinyere Oparah, Alicia D. Bonaparte, 2015-12-22 There is a global crisis in maternal health care for black women In the United States black women are over three times more likely to perish from pregnancy related complications than white women their babies are half as likely to survive the first year Many black women experience policing coercion and disempowerment during pregnancy and childbirth and are disconnected from alternative birthing traditions This book places black women s voices at the center of the debate on what should be done to fix the broken maternity system and foregrounds black women s agency in the emerging birth justice movement Mixing scholarly activist and personal perspectives the book shows readers how they too can change lives one birth at a time

A Good Birth Anne Lysterly, 2013-08-01 Drawing on a landmark study involving more than one hundred pregnant women and mothers a renowned OB GYN synthesizes the secrets to a good birth medically and emotionally Most doctors are trained to think of a good birth only in terms of its medical success But Dr Anne Lysterly knows firsthand that there are many other important elements that often get overlooked Her three year study of a diverse group of over one hundred expectant moms asked what matters most to women during childbirth The results presented to the public for the first time in A Good Birth show what really matters goes beyond the clinical outcome or even the usual questions of hospital versus birthing center and reveal universal needs of women like the importance of feeling connected safe and respected Bringing a new perspective to childbirth the book s wisdom is drawn from in depth interviews with women with a wide variety of backgrounds and experiences and whose birth stories range from quick and simple to complicated and frightening Describing what went well what didn t and what they d do differently next time these mothers give voice to the complete experience of childbirth helping both women and their

healthcare providers develop strategies to address the emotional needs of the mother going beyond the standard birth plans and conversations Transcending the medical versus natural childbirth debate A Good Birth paves the entryway to motherhood turning our attention to the deeper and more important question of what truly makes for the best birth possible

Traumatic Childbirth Cheryl Tatano Beck, Jeanne Watson Driscoll, Sue Watson, 2013-07-18 Postpartum depression has become a more recognized mental illness over the past decade as a result of education and increased awareness Traumatic childbirth however is still often overlooked resulting in a scarcity of information for health professionals This is in spite of up to 34% of new mothers reporting experiencing a traumatic childbirth and prevalence rates rising for high risk mothers such as those who experience stillbirth or who had very low birth weight infants This ground breaking book brings together an academic a clinician and a birth trauma activist Each chapter discusses current research women s stories the common themes in the stories and the implications of these for practice clinical case studies and a clinician s insights and recommendations for care Topics covered include mothers perspectives fathers perspectives the impact on breastfeeding the impact on subsequent births PTSD after childbirth and EMDR treatment for PTSD This book is a valuable resource for health professionals who come into contact with new mothers providing the most current and accurate information on traumatic childbirth It also presents mothers experiences in a manner that is accessible to women their partners and families

Outer Origin Laura Johnson Dahlke, 2024-04-25 Outer Origin examines the individual social and spiritual implications of ectogenesis also known as artificial womb technology Formerly considered the topic of science fiction such devices are currently being developed and will soon be a medical reality This book offers readers information on the status of this technology and considers the ways in which it may one day fully replace human gestation Ectogenesis has previously been assessed with the future child in mind but this book instead envisions what it might mean for women It explores the value of pregnancy and childbirth in the twenty first century and questions the notion that artificial wombs will lead to full equality of the sexes Outer Origin seeks to elevate the maternal experience by reflecting on the meaning of reproductive technology in our lives People everywhere must ponder the significance of what has heretofore been their most common link shared natality and birth If not Homo sapiens will enter a deep dive into the unknown that of not being of woman born

Women Writing Childbirth Tess Cosslett, 1994 In this work the author s detailed readings of birth stories both literary and medical reveal deeply embedded assumptions about how women are viewed and view ourselves The current debates about natural childbirth as advocated by Sheila Kitzinger Grantly Read Dick and others are examined alongside key literary works by writers such as Doris Lessing Margaret Atwood Fay Weldon and Toni Morrison *Feminist Evaluation and Research* Sharon Brisolara, Denise Seigart, Saumitra SenGupta, 2014-03-31 This thought provoking book explores the whats whys and hows of integrating feminist theory and methods into applied research and evaluation practice Illustrative cases drawn from U S and international studies address a range of social and health issues The book provides an overview of feminist theory and

research strategies as well as detailed discussions of how to use a feminist lens practical steps and challenges in implementation and what feminist methods contribute to research and evaluation projects Reflections at the close of each section invite the reader to consider key questions and common themes across the chapters With a focus on social justice models the book covers ways to conduct feminist research and evaluation in effective innovative and culturally competent ways in diverse social and cultural contexts

Lessons I've Learned Davina McCall,2016-09-22 I am a work in progress There are times when I feel in control and like I know what I m doing and there are times quite a few actually lots when I ve got no idea whats going on where to turn what to do how to behave and those are the times I ve sought help I have been helped by some extraordinary people I ve been supported and counselled through my recovery from drugs and alcohol I ve been hypnotised to get me through going to the bottom of the sea in a sub life at the extreme I ve read a squibillion that s a lot of fantastic self help books and I have shared and shared with the greatest girlfriends and family of all time These nuggets of wisdom have at times literally kept me going so I thought I d pay it forward and share them with you Presenter wife mother fundraiser fitness inspiration and now bestselling author is there nothing Davina McCall cannot do But success didn t come easy for Davina and she has faced many challenges along the way In this long awaited book she shares all the tips and wisdom she has picked up on her work in progress journey Written in the accessible easy going and humorous way that Davina has become famous and loved for Lessons I ve Learned will motivate readers to reach their goals find happiness and fulfillment and feel more confident

BREECH Haley Pearse,2023-09-02 You re on an extraordinary journey of bringing a breech baby into the world Learn about your options and be encouraged through empowering stories of breech births including twins and first time mothers Finding comprehensive coverage of birth variations in books is challenging Here essential information and empowering stories are brought together to provide you with a complete guide to planning an empowered breech birth Discover breech affirmations turning techniques a chapter for dads evidence based information about breech presentations and tips on finding supportive care providers who respect your choices This book not only explains your options and childbirth rights but also equips you with practical advice and valuable resources Gain the knowledge and confidence to make informed decisions and be prepared for whatever type of breech birth your body and baby need Immerse yourself in a collection of encouraging stories that will reassure and inspire you as women share their pregnancy labor and breech birth experiences Although written for women with a breech baby this book will become an invaluable resource for anyone curious about breech childbirth

Birth in Unprecedented Times Nadia von Benzon,Rebecca Whittle,Jo Hickman-Dunne,2023-10-24 This book shines a light on the way in which risk in and beyond childbirth is highly contextual and the way in which risk management strategies can be understood as socially and materially constructed

Gay and Lesbian Parenting Fiona Tasker,Jerry J. Bigner,2008-04-14 Gay and Lesbian Parenting New Directions builds on important research with a detailed multidisciplinary examination of established knowledge and emerging

information Black Feminist Sociology Zakiya Luna, Whitney Pirtle, 2021-09-30 Black Feminist Sociology offers new writings by established and emerging scholars working in a Black feminist tradition The book centers Black feminist sociology BFS within the sociology canon and widens it to feature Black feminist sociologists both outside the US and the academy Inspired by a BFS lens the essays are critical personal political and oriented toward social justice Key themes include the origins of BFS expositions of BFS orientations to research that extend disciplinary norms and contradictions of the pleasures and costs of such an approach both academically and personally Authors explore their own sociological legacy of intellectual development to raise critical questions of intellectual thought and self reflexivity The book highlights the dynamism of BFS so future generations of scholars can expand upon and beyond the book's key themes **Strong As a Mother** Kate Rope, 2025-08-22 Expert practical advice for complete mental and physical maternal health Kate Rope's Strong as a Mother is a practical and compassionate guide to preparing for a smooth start to motherhood Everyone knows the secret to having the Happiest Baby on the Block This is your guide to being the Sanest Mommy on the Block It will prepare you with humor and grace for what lies ahead give you the tools you need to take care of yourself permission to struggle at times and professional advice on how to move through it when you do This book will become a dog-eared resource on your nightstand offering you the same care and support that you are working so hard to provide to your child It will help you prioritize your emotional health set boundaries and ask for help make choices about feeding and childcare that feel good to you get good sleep create a strong relationship with your partner make self care an everyday priority trust your instincts and actually enjoy the hardest job you will ever love This book is here to take care of you Mind Over Matter , Mind Over Matter Mastering the Art of Natural Birth Are you ready to embark on a transformative journey into the world of natural childbirth Mind Over Matter Mastering the Art of Natural Birth is your essential companion for achieving a rewarding and unmedicated birthing experience This book combines the power of the mind comprehensive preparation and a supportive approach to help you master the art of natural birth Whether you're a first time parent or seeking to enhance your birthing experience this guide is your key to unlocking a confident and empowered journey Here's a sneak peek into what this book covers 1 The Power of Your Mind Explore the incredible influence of your mindset on your birthing experience and how to harness it for a positive outcome 2 Preparing for Natural Birth Discover the importance of physical and mental preparation as you anticipate the arrival of your little one 3 Choosing the Ideal Birth Environment Learn how selecting the right birthing environment can greatly impact your natural birth journey 4 Nutrition and Natural Birth Uncover the role of nutrition in supporting a healthy pregnancy and natural childbirth 5 Overcoming Fear and Anxiety Address common fears and anxieties surrounding childbirth and find effective strategies for managing them 6 The Value of Education Explore the significance of childbirth education and equip yourself with knowledge and confidence 7 Building Your Supportive Birthing Team Assemble a team of experts partners and doulas who will stand by your side throughout your natural birth experience 8 Managing Pain Naturally

Discover a variety of techniques including massage acupressure water birth and hypnobirthing to manage pain without medication 9 Crafting Your Birth Plan Understand the role of a birth plan how to communicate your preferences and the importance of adaptability 10 The Postpartum Journey Delve into the postpartum phase exploring bonding with your baby self care healing and the power of birth stories Mind Over Matter Mastering the Art of Natural Birth empowers you with knowledge confidence and the tools you need to navigate the natural childbirth journey with grace and resilience Whether you re planning a home birth birthing center experience or hospital birth with minimal interventions this guide equips you to make informed choices and embrace the beauty of natural birth Prepare yourself mentally emotionally and physically for the incredible experience of natural childbirth Order your copy today and embark on the path to mastering the art of natural birth Your journey to motherhood begins here with the power of your mind and the support of your heart Table of Contents Introduction Mind Over Matter Mastering the Art of Natural Birth THE POWER OF THE MIND PREPARING FOR NATURAL BIRTH CHOOSING THE RIGHT BIRTH ENVIRONMENT PHYSICAL PREPARATION FOR NATURAL BIRTH NUTRITION AND NATURAL BIRTH OVERCOMING FEAR AND ANXIETY EDUCATING YOURSELF SUPPORTIVE BIRTHING TEAM MANAGING PAIN NATURALLY MASSAGE AND ACUPRESSURE WATER BIRTH HYPNOBIRTHING THE ROLE OF A BIRTH PLAN COMMUNICATING YOUR PREFERENCES FLEXIBILITY AND ADAPTABILITY THE POSTPARTUM JOURNEY BONDING WITH YOUR BABY POSTPARTUM HEALING AND SELF CARE BIRTH STORIES AND INSPIRATION FREQUENTLY ASKED QUESTIONS Have Questions Comments Get Another Book Free *The Benefits of Hypnobirthing* , Unlock the Power of Your Mind for a Positive Birth Experience The Benefits of Hypnobirthing The Power of the Mind is your gateway to discovering the incredible advantages that hypnobirthing can bring to your childbirth journey This enlightening book explores the profound connection between the mind and childbirth and how harnessing the power of your mind through hypnobirthing techniques can lead to a more relaxed empowered and positive birthing experience Inside this empowering guide you ll explore Understanding Hypnobirthing Gain a comprehensive understanding of what hypnobirthing is and how it empowers you to embrace childbirth with confidence and positivity The Role of the Mind in Childbirth Discover the pivotal role your mind plays in the birthing process and how hypnobirthing techniques tap into this powerful connection Reducing Pain through Hypnobirthing Learn how hypnobirthing can effectively reduce pain during labor offering a more comfortable and less medicalized birthing experience Overcoming Anxiety and Fear Explore how hypnobirthing techniques can help you conquer anxiety and fear creating a calm and serene birthing atmosphere Benefits for Mother and Baby Discover the numerous benefits hypnobirthing offers from reducing the need for medical interventions to shortening the duration of labor Preparing for Hypnobirthing Equip yourself with essential knowledge about hypnobirthing classes practitioners and how to create a birth plan that aligns with your preferences Real Life Hypnobirthing Stories Draw inspiration from real life stories of parents who experienced the transformative power of hypnobirthing in their birthing journeys Overcoming Challenges Learn

how to overcome challenges and stay on course with your hypnobirthing practice Supporting Partners in Hypnobirthing Understand how your birthing partner can actively participate in and support your hypnobirthing journey Education and Preparation Prepare for childbirth by educating yourself about hypnobirthing techniques and embracing emotional support Postpartum Benefits of Hypnobirthing Explore the postpartum advantages of hypnobirthing from promoting bonding and breastfeeding to enhancing emotional well being Continuing the Practice Learn how to continue applying hypnobirthing techniques beyond childbirth and connect with supportive hypnobirthing communities Unlock the transformative potential of hypnobirthing and harness the power of your mind to create a birthing experience that is calm confident and in alignment with your desires The Benefits of Hypnobirthing The Power of the Mind empowers you with knowledge and techniques to embark on your birthing journey with positivity serenity and empowerment Table of Contents Introduction The Benefits of Hypnobirthing The Power of the Mind UNDERSTANDING HYPNOBIRTHING THE ROLE OF THE MIND IN CHILDBIRTH REDUCING PAIN THROUGH HYPNOBIRTHING OVERCOMING ANXIETY AND FEAR BENEFITS FOR MOTHER AND BABY REDUCED MEDICAL INTERVENTIONS SHORTER LABOR DURATION PREPARING FOR HYPNOBIRTHING HYPNOBIRTHING CLASSES AND PRACTITIONERS CREATING A BIRTH PLAN REAL LIFE HYPNOBIRTHING STORIES POSITIVE BIRTH EXPERIENCES OVERCOMING CHALLENGES SUPPORTING PARTNERS IN HYPNOBIRTHING EDUCATION AND PREPARATION PROVIDING EMOTIONAL SUPPORT POSTPARTUM BENEFITS OF HYPNOBIRTHING PROMOTING BONDING AND BREASTFEEDING ENHANCING EMOTIONAL WELL BEING CONTINUING THE PRACTICE APPLYING HYPNOBIRTHING TECHNIQUES JOINING HYPNOBIRTHING COMMUNITIES **I'm Pregnant, Not**

Terminally Ill, You Idiot! Lalita Iyer, 2013 A friendly and laugh out loud funny book on the before during and after of pregnancy This book is about the good bad and downright ugly of being pregnant and being a mother It is about the journey of the author from the time she conceives to motherhood and to everything between and after What s so different about this book Unlike usual pregnancy books I m Pregnant Not Terminally Ill You Idiot does not talk about how the foetus grows how to have an easy delivery how to breastfeed etc It has fantastic illustrations and is about the real stuff like How the typical Indian family friends and colleagues react when they come to know that a woman is pregnant How a pregnant woman is given an overdose of advice by every relative and friend in the world and how and why colleagues and friends without children react and feel What exactly a pregnant woman goes through which includes gassiness incontinence morning sickness sexual desires mood swings and much more The hard truth and politics behind normal and Caesarean deliveries and breastfeeding Treatment at work after mothers return from their maternity leave Hilarious accounts of how men try to or don t try to take care of babies and how to find a good baby maid What a mother goes through physically and emotionally after the baby arrives Includes real life stories of many other pregnant women and new mothers The writing is frank and loaded with humour This book is those who want to what it s really like to have a baby *Supporting Women for Labour and Birth*

Nicky Leap,Billie Hunter,2022-01-12 This new edition provides an up to date and thoughtful guide to supporting women in labour looking at a range of techniques and approaches that promote a safe and positive experience of birth for women and their families Across the world support in labour has been shown to reduce obstetric interventions and improve outcomes for women and babies Written by two highly experienced midwifery authors this text draws on a wide range of cutting edge research on this topic identifying how the evidence can be applied to everyday practice Narratives from women and practitioners including midwives doulas childbirth educators and students are used to illustrate a range of situations where the quality of support is central to the quality of the experience and outcome Supporting Women for Labour and Birth encourages readers to reflect on their experiences and examine the evidence provided by both research and experiences of women and practitioners in order to explore how this could be incorporated into their practice The only book to deal directly with the practical and emotional issues associated with labour support this is an ideal text for student midwives and an important reference for practising midwives doulas and other childbirth practitioners Reproductive Injustice Dána-Ain Davis,2019-06-25 Winner 2020 Senior Book Prize given by the Association of Feminist Anthropology Winner 2020 Eileen Basker Memorial Prize given by the Society for Medical Anthropology Honorable Mention 2020 Victor Turner Prize in Ethnographic Writing given by the Society for Humanistic Anthropology Finalist 2020 PROSE Award in the Sociology Anthropology and Criminology category given by the Association of American Publishers A troubling study of the role that medical racism plays in the lives of Black women who have given birth to premature and low birth weight infants Black women have higher rates of premature birth than other women in America This cannot be simply explained by economic factors with poorer women lacking resources or access to care Even professional middle class Black women are at a much higher risk of premature birth than low income white women in the United States D na Ain Davis looks into this phenomenon placing racial differences in birth outcomes into a historical context revealing that ideas about reproduction and race today have been influenced by the legacy of ideas which developed during the era of slavery While poor and low income Black women are often the mascots of premature birth outcomes this book focuses on professional Black women who are just as likely to give birth prematurely Drawing on an impressive array of interviews with nearly fifty mothers fathers neonatologists nurses midwives and reproductive justice advocates D na Ain Davis argues that events leading up to an infant s arrival in a neonatal intensive care unit NICU and the parents experiences while they are in the NICU reveal subtle but pernicious forms of racism that confound the perceived class dynamics that are frequently understood to be a central factor of premature birth The book argues not only that medical racism persists and must be considered when examining adverse outcomes as well as upsetting experiences for parents but also that NICUs and life saving technologies should not be the only strategies for improving the outcomes for Black pregnant women and their babies Davis makes the case for other avenues such as community based birthing projects doulas and midwives that support women during pregnancy and labor are just as

important and effective in avoiding premature births and mortality **Childbirth** Miljana Z. Jovandaric, Svetlana J. Milenkovic, 2020-03-18 In 2015 there were about 135 million births globally Each year complications from pregnancy and childbirth result in about 500 000 maternal deaths 7 million women have serious long term problems and 50 million women have negative health outcomes following delivery Most of these occur in the developing world This book discusses many aspects of childbirth and provides recommendations for improving maternal and fetal health Chapters covers such topics as placental abruption induced labor low birth weight prenatal education programs and improving the birth space Authors examine effects of air pollution consanguineous marriage and the use of traditional birth attendants on maternal morbidity and mortality Fleshing the Spirit Elisa Facio, Irene Lara, 2014-04-10 Fleshing the Spirit brings together established and new writers exploring the relationships between the physical body the spirit and spirituality and social justice activism Examining the complex and dynamic connections among these concepts the writers emphasize the value of flesh and blood experience as a site of knowledge They argue that spirituality something quite different from institutional religious practice can heal the mind body split and set the stage for social change Spirituality they argue is a necessary component of an alternative political agenda focused on equitable social and ecological change The anthology incorporates different genres of writing such as poetry testimonials critical essays and historical analysis and stimulates the reader to engage spirituality in a critical personal and creative way This interdisciplinary work is the first that attempts to theorize the radical interconnection between women of color spirituality and social activism Before transformative political work can be done the authors say in multiple ways we must recognize that our spiritual need is a desire to more fully understand our relations with others Conflict experienced on many levels sometimes severs those relations separating us from others along racial class gender sexual national or other socially constructed lines Fleshing the Spirit offers a spiritual journey of healing health and human revolution The book s open invitation to engage in critical dialogue and social activism with the spirit and spirituality at the forefront illuminates the way to social change and the ability to live in harmony with life s universal energies Contributors Volume Editors Elisa Facio Irene Lara Chapter Authors Angelita Borb n Norma E Cant Berenice Dimas C Alejandra Elenes Alicia Enciso Litschi Oliva M Esp n Maria Figueroa Patrisia Gonzales In s Hern ndez Avila Rosa Mar a Hern ndez Ju rez Cinthya Martinez Lara Medina Felicia Montes Sarahi Nu ez Mejia Laura E P rez Brenda Sendejo In s Talamantez Michelle T llez Beatriz Villegas

Unveiling the Magic of Words: A Review of "**Real Birth Women Share Their Stories**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their capability to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Real Birth Women Share Their Stories**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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