



Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices

By Sarah Buckley

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An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthed her own four children.

Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls "undisturbed birth" is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship.

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Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices By Sarah Buckley Bibliography

- Sales Rank: #44917 in Books
- Brand: Celestial Arts
- Published on: 2008-12-02
- Released on: 2008-12-02
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .90" w x 6.00" l, 1.25 pounds
- Binding: Paperback
- 352 pages

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Editorial Review

From the Publisher

An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthing her own four children. * Speaks to a new generation of parents who are concerned about the medicalization of childbirth and want current and science-based info about alternatives.

About the Author

SARAH BUCKLEY, MD, is an internationally known authority on natural birthing and parenting choices. She has published numerous articles in *Mothering* magazine and *Midwifery Today*. She lives in Brisbane, Australia.

THE AUTHOR SCOOP

How long did it take you to write this book?

Around ten years since I wrote the first material, and around 9 months to rewrite and put it all together.

What was the hardest thing about writing a book?

Combining it with looking after 4 children

When did you know you were a writer?

When I was 10, I told my class teacher I wanted to be an author!

Favorite childhood book?

I was a precocious reader, I read *Jane Eyre* at age 10 and loved *Wuthering Heights*.

If you had to boil your book's message down to one sentence, what would it be?

Trust your body, trust your baby, follow your instincts

What are you working on now?

A commissioned report on the hormonal orchestration of labor

If you had a superpower, what would it be?

Sorting things out on every level, which includes a special talent for removing embedded hair ties from Barbie hair.

Users Review

From reader reviews:

Jason Nunez:

Do you certainly one of people who can't read pleasant if the sentence chained inside the straightway, hold on guys this particular aren't like that. This Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices book is readable by you who hate the perfect word style. You will find the details here are arrange for enjoyable reading through experience without leaving possibly

decrease the knowledge that want to give to you. The writer involving Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices content conveys thinking easily to understand by many people. The printed and e-book are not different in the information but it just different by means of it. So , do you nonetheless thinking Gentle Birth, Gentle Mothering: A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices is not loveable to be your top listing reading book?

Deborah Martins:

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Raquel Black:

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Erin Wright:

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