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## Born here

Guide to Respectful Childbirth

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Authors: Julie Toutin (Text) - Laura Boil (Photographer)

Publisher : Mama Éditions

Category : Practical Books

Genres : Well-Being/Self-Help - Couples/Family

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The first practical and comprehensive guide to mindful childbirth, beautifully illustrated by a photographer specializing in motherhood.

The purpose of this book is to start thinking about what you want as a parent for the birth of your child — the very first step that will have an impact on the rest of their life. At a time when there is a real divide between the basic needs of mothers who give birth and the vision of childbirth in our societies today, this well-documented book allows women to reappropriate their ability to give birth. Drawing on numerous medical or family experiences and supported by many scientific sources, this guide accompanies women towards the knowledge of their bodies and the encounter with their baby. It is illustrated with the photographs of the talented Laura Boil.

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