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## Mindful Birth

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A plea for natural childbirth, a true rite of passage women can prepare for with these spiritual and practical exercises.

What if all babies were born the same gentle way? If all women emerged the wiser for giving birth, aware of their strength, guided by instinct and intuition? Convinced it would help all humanity, Aurélie Païno invites women to prepare confidently for pregnancy and delivery, sharing her own accounts of two transcendent birthing experiences as well as scientific studies in this reflection on pain in the birthing process. Topics covered challenge reigning norms and preconceptions about motherhood and include the trance states and ecstasy some women undergo.

Also on offer are practical exercises to help women prepare for their first birth with singing, dancing, drumming, and other rituals.

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