



# **Birth Skills: Proven pain-management techniques for your labour and birth**

*Juju Sundin, Sarah Murdoch*

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*Even after reading countless pregnancy books I still didn't understand what my labour would be like. All I really knew was it would be painful and scary. Then my obstetrician suggested I take Juju Sundin's birth skills classes. Juju gave me the knowledge to understand my body during labour and taught me about the physiology of pain and how to use her techniques to deal with it. - Sarah Murdoch*

If you're like most women, you'll go into labour with little knowledge of exactly what your body is doing and why, and how you can actively manage the pain and stay in control while helping your body do what it's designed to.

That's where *Birth Skills* comes in, a step-by-step guide packed with information plus easy-to-learn, proven pain management skills.

In *Birth Skills*, obstetric physiotherapist Juju Sundin shares the techniques she has pioneered over her 30-year career, while Sarah Murdoch takes you on a personal journey of her own labour and birth, describing how she learned the skills in the class then applied them on the big day.

Whether it's your first baby or lucky last, you will learn:

- \* how your body works in labour and why
- \* how to turn fear into positive action so you stay in control
- \* how to use movement, breathing, vocalisation, visualisation, keywords and other handy techniques
- \* what to wear, what to take, and what questions to ask
- \* how your partner can help, and working as a team
- \* other women's experiences using Juju's techniques.

*Birth is all about the bigger picture -- educating and empowering yourself, giving it a try, doing it your way, and a healthy mother and baby. - Juju Sundin*

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As people who live in typically the modest era should be update about what going on or facts even knowledge to make these people keep up with the era and that is always change and move ahead. Some of you maybe can update themselves by studying books. It is a good choice in your case but the problems coming to an individual is you don't know which you should start with. This Birth Skills: Proven pain-management techniques for your labour and birth is our recommendation so you keep up with the world. Why, because this book serves what you want and want in this era.

#### **Tom Seaman:**

Playing with family in a very park, coming to see the marine world or hanging out with friends is thing that usually you may have done when you have spare time, then why you don't try issue that really opposite from that. I activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love Birth Skills: Proven pain-management techniques for your labour and birth, you could enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh can happen its mind hangout folks. What? Still don't get it, oh come on its called reading friends.

#### **James Ellis:**

As a pupil exactly feel bored to help reading. If their teacher expected them to go to the library or to make summary for some reserve, they are complained. Just very little students that has reading's internal or real their passion. They just do what the instructor want, like asked to the library. They go to presently there but nothing reading significantly. Any students feel that examining is not important, boring and can't see colorful photographs on there. Yeah, it is to get complicated. Book is very important to suit your needs. As we know that on this time, many ways to get whatever we really wish for. Likewise word says, ways to reach Chinese's country. So , this Birth Skills: Proven pain-management techniques for your labour and birth can make you truly feel more interested to read.

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