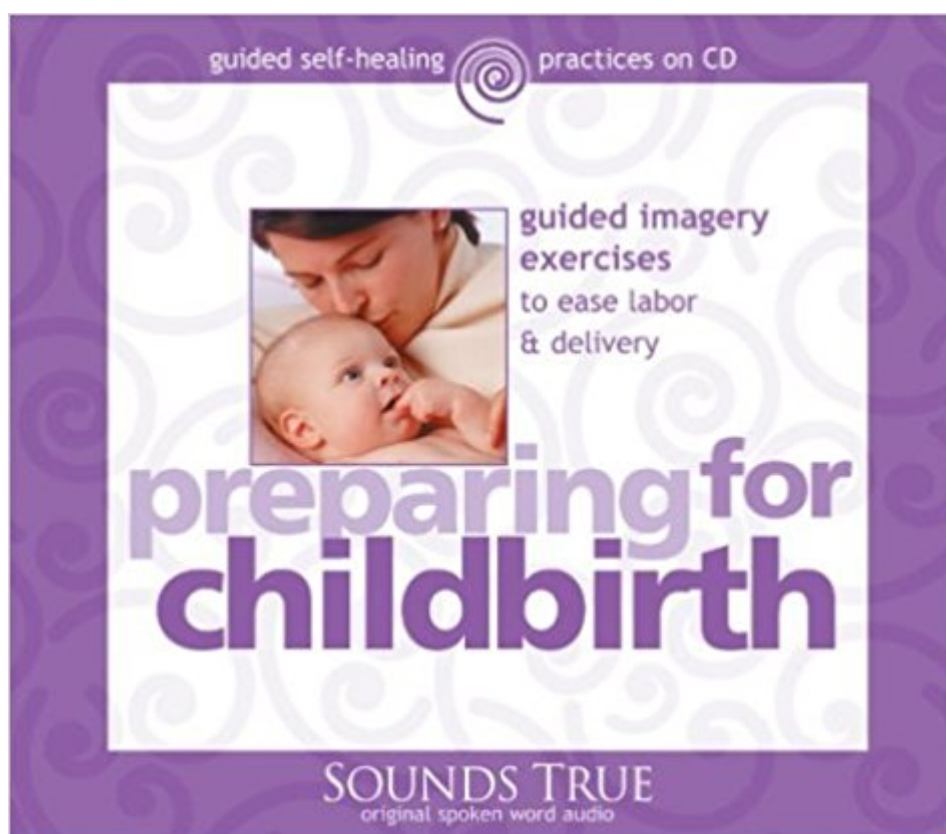


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# Preparing For Childbirth: Guided Imagery Exercises To Ease Labor And Delivery



## Synopsis

Research studies show that women who prepare themselves mentally for childbirth experience shorter labors, less discomfort, and fewer complications. On *Preparing for Childbirth*, Dr. Martin Rossman—a practitioner of holistic medicine for over 30 years—teaches three guided imagery exercises: learning deep relaxation, rehearsing the process of childbirth, and guided imagery for the week before delivery. A woman's body is perfectly designed to bring a baby into this world, teaches Rossman, and with *Preparing for Childbirth*, expectant mothers will discover a means for allowing the natural process of labor and delivery to take place while feeling focused, confident, and well-prepared.

## Book Information

Series: Guided Self-Healing Practices

Audio CD

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Average Customer Review: 3.4 out of 5 stars 8 customer reviews

Best Sellers Rank: #1,087,776 in Books (See Top 100 in Books) #91 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #468 in [Books > Books on CD > Health, Mind & Body > General](#) #953 in [Books > Books on CD > Nonfiction](#)

## Customer Reviews

Research studies show that women who prepare themselves mentally for childbirth experience shorter labors, less discomfort, and fewer complications. On *Preparing for Childbirth*, Dr. Martin Rossman—a practitioner of holistic medicine for over 30 years—teaches three guided imagery exercises: Learning Deep Relaxation, Rehearsing the Process of Childbirth, and Guided Imagery for the Week before Delivery. A woman's body is perfectly designed to bring a baby into this world, teaches Rossman, and with *Preparing for Childbirth*, expectant mothers will discover a means for allowing the natural process of labor and delivery to take place while feeling focused, confident, and well-prepared.

Guided imagery has been recognized by the medical community since the early 1920's as a successful adjunct to modern medical treatment. From cancer and pain management centers to sports performance programs and university medical schools, guided imagery is being incorporated into healing programs worldwide.

I am a doula and mother, and purchased this CD after reading the good reviews about it. I was pretty disappointed when I got it home and listened to it, and certainly wouldn't recommend it to any of my clients. I felt like it was 98% medically directed and maybe 2% true guided imagery/relaxation focused. I found it distracting (and almost inappropriate) to have a male voice talking you through the childbirth process. I also was rather taken aback by the fact that he refers to the baby as 'it' throughout the CD. That disturbed me, even though I'm sure he was trying to find a way to not have to say 'He or She' every time. As he was describing the birth process and calling the baby 'It', the result was an over-medicalized, objectification of the baby, male view point of childbirth. The opposite of this CD, which I would highly recommend to any laboring/pregnant woman is Belleruth Naparstek's 'Health Journey' series! Skip this one - it's not at all what most pregnant mama's need.

I listened to this cd the last month of pregnancy to accompany my childbirth classes (Hypnobirthing). I loved it. The guys voice is soooo relaxing that I fell asleep many times listening to it. I highly recommend it to ACCOMPANY, not substitute, your childbirth classes. I will be buying these for all my friends that want a natural birth. It would still be useful if you plan on getting an epidural too.

Very pleased with this CD. I enjoy listening to it as I prepare to have my baby. Very good guided imagery and ideas to use while in labor. I am planning to have a natural no medicine delivery and found useful tools in this CD.

Thanks I love my purchase it is great, just what I wanted. Your sale was everything I hoped for & more.

I used this with my pregnancy, kind of forgot it for a moment during labor, lol! but it was a very good tool to have. very relaxing

I bought this CD without hearing a sample. There is no music in the visualizations and I, personally, didn't like listening to a male voice talking about childbirth.

I bought a few different CDs to compliment my hypnobirthing class- I believe in the value of deep relaxation but as a Christian woman there are too many with new age type mumbo jumbo philosophies incorporated. This format is very simple, very relaxing without the new age quackery

I listened to this before I gave birth to my first child. There is a part that you can listen to during labor but I didn't feel like it when the time came. I did use the techniques from this cd more than I used the techniques from the childbirth class I took. If you like to plan and prepare, I would buy this and listen to it every night for a month or two before you give birth. It's hard to say why it helps but it does.

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