



The Big Book of Birth

By Erica Lyon



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At last—everything expecting moms need to know about giving birth

Childbirth is one of the most significant events of any woman's life—and for many, also a source of enormous anxiety and fear. In *The Big Book of Birth* renowned childbirth educator and Realbirth Center founder Erica Lyon offers an antidote to that fear with a comprehensive and up-to-date guide to childbirth. Drawing from more than a decade of teaching expecting parents *what really to expect*, Lyon fills the void that currently exists in childbirth literature, offering clear, current, objective advice on everything from choosing your doctor or midwife, to the realities of assisted and cesarean births, to the many different pain-coping options you can use during delivery and proven techniques that can help you relax and often speed along your labor.

The Big Book of Birth guides women through the four stages of labor, dispelling misconceptions and providing a wealth of objective information in a warm, welcoming, and well-organized format. A long-overdue resource, *The Big Book of Birth* gives expectant mothers the knowledge they need to approach childbirth with confidence and joy.

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Editorial Review

Review

Not only thorough, but written in a warm, coaching style, which makes for easy reading.... Highly recommended. -- *Library Journal*

About the Author

Erica Lyon has been teaching new and expectant mothers about childbirth and early childcare for over a decade. Prior to founding the Realbirth Center in 2003, she was the education coordinator and administrative supervisor at the Elizabeth Seton Childbearing Center, and served as president of the Childbirth Education Association of Metro New York for four years.

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