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Childbirth Without Fear: The Principles and Practice of Natural Childbirth

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Childbirth Without Fear: The Principles and Practice of Natural Childbirth Grantly Dick-Read
In an age where birth has often been overtaken by obstetrics, Dr Dick-Read's philosophy is still as fresh and relevant as it was when he originally wrote this book. He unpicks every possible root cause of western woman's fear and anxiety in pregnancy, childbirth and breastfeeding and does so with overwhelming heart and empathy. Essential reading for all parents-to-be, childbirth educators, midwives and obstetricians!

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