



# Unassisted Childbirth, 2nd Edition

*Laura Shanley*

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# Unassisted Childbirth, 2nd Edition

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## **Unassisted Childbirth, 2nd Edition** Laura Shanley

This book reveals how giving birth is an inherently safe, relatively painless process that is best performed without the assistance of doctors or midwives, and how confidence and a positive attitude reduces fear—and therefore the pain—of labor.

- A bibliography of unassisted childbirth resources

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