



Our Bodies, Ourselves: Pregnancy and Birth

Judy Norsigian

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The trusted editors of *Our Bodies, Ourselves*, called “a feminist classic” by *The New York Times*, present a comprehensive guide to pregnancy and childbirth, from prenatal care and emotional well-being to how to handle the pain of childbirth.

Pregnancy and birth are as ordinary and extraordinary as breathing, thinking, or loving. But as soon as you announce you’re expecting, you may be bombarded with advice from every angle—well-meaning friends, relatives, medical professionals, even strangers want to weigh in on what you should or shouldn’t do, and it’s easy to feel overwhelmed by their conflicting recommendations.

Our Bodies, Ourselves: Pregnancy and Birth will help you sort fact from fiction, giving you the most accurate research, up-to-date information, and the firsthand experiences of numerous women who have been exactly where you are today. You’ll get the tools you need to take care of yourself and your baby during and after your pregnancy, from tips on eating well during pregnancy to strategies for coping with stress and depression. Learn everything you need to know about:

- Choosing a good health care provider
- Selecting a place of birth
- Understanding prenatal testing
- Coping with labor pain
- Speeding your physical recovery
- Adjusting to life as a new mother

Our Bodies, Ourselves: Pregnancy and Birth is an essential resource for women that will guide you through the many decisions ahead.

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Phillip Herzog:

Spent a free time to be fun activity to complete! A lot of people spent their sparetime with their family, or all their friends. Usually they carrying out activity like watching television, gonna beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Do you want to something different to fill your free time/ holiday? Could possibly be reading a book can be option to fill your free of charge time/ holiday. The first thing that you ask may be what kinds of reserve that you should read. If you want to attempt look for book, may be the book untitled Our Bodies, Ourselves: Pregnancy and Birth can be fine book to read. May be it may be best activity to you.

Eugene Barnum:

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Bryan Jones:

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