Birth without Violence
REVISED EDITION OF THE CLASSIC

Frederick Leboyer, M.D.

The book that revolutionized the way we meet our children when they enter our world
Resumo de Birth Without Violence

The classic guide to gentle birth that revolutionized the way we welcome our children into the world. * The first book to express what mothers have always known: babies are born complete human beings with the ability to experience a full range of emotions. * Shows how gentle lighting, a quiet atmosphere, and a warm bath allow a newborn to ease the transition from womb to world without trauma or fear. * New translation overseen by the author himself; also includes a new author preface. Birth without Violence revolutionized the way we perceive the process of birth, urging us to consider birth from the infant's point of view. Why must a child emerge from the quiet darkness of the womb into a blaze of blinding light and loud voices? Why must an infant take its first breath in terror, hanging upside down as its vulnerable spine is jerked straight? Why must the infant be separated from its mother after spending nine months inside her nourishing body? Examining alternatives to technocentric approaches to childbirth, this classic text shows us how we can create an environment of tranquillity in which to welcome our children: a relaxed mother, gentle lighting, soothing atmosphere, and a warm bath that mirrors the child's prenatal surroundings. Dr. Leboyer's simple techniques show us how a birth without violence has far-reaching implications for improving the quality of human life physically, emotionally, and spiritually.

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