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Birth and Breastfeeding Rediscovering the Needs of Women During Pregnancy and Childbirth CLAIRVIEW BOOKS

Humanity, argues Michel Odent, stands at a crossroads in the history of childbirth - and the direction we choose to take will have critical consequences. Until recently a woman could not have had a baby without releasing a complex cocktail of 'love hormones'. In many societies today, most women give birth without relying on the release of such a flow of hormones. Some give birth via caesarean section, while others use drugs that not only block the release of these natural substances, but do not have their beneficial behavioural effects. 'This unprecedented situation must be considered in terms of civilization', says Odent, and gives us urgent new reasons to rediscover the basic needs of women in labour. At a time when pleas for the 'humanization' of childbirth are fashionable, the author suggests, rather, that we should first accept our 'mammalian' condition and give priority to the woman's need for privacy and to feel secure. The activity of the intellect, the use of language, and many cultural beliefs and rituals - which are all special to humans - are handicaps in the period surrounding birth. Says Odent: 'To give birth to her baby, the mother needs privacy. She needs to feel unobserved. The newborn baby needs the skin of the mother, the smell of the mother, her breast. These are all needs that we hold in common with the other mammals, but which humans have learned to neglect, to ignore or even deny.' Expectant parents, midwives, doulas, childbirth educators, those involved in public health, and all those interested in the future of humanity, will find this

a provocative and visionary book. **Primal Health Understanding the Critical Period Between Conception and the First Birthday** CLAIRVIEW BOOKS Odent, the leading pioneer for natural childbirth, indicates that the period between conception and a child's first birthday is critical to lifelong health. In this prophetic book, first published in 1986, Odent argues that different parts of the "primal adaptive system" develop, regulate and adjust themselves during fetal life and the time around birth and infancy. Everything that happens during this period of dependence on the mother has an influence on this primal health. The author suggests that the later well-being of adults, and their ability to withstand hypertension, cancer, alcoholism and failures of the immune system resulting in AIDS, allergies and viral diseases, can all be traced back to society's ignorance of the vital importance of the primal period. This book is essential reading for all who care about the health of our children and the ongoing health of society as a whole. **The Nature of Birth and Breast-feeding** Greenwood A pioneer in the childbirth movement for thirty years provides insights into society and human behavior, arguing the value of mother-child bonding through home birth and breastfeeding **Rediscovering Birth** Pinter & Martin Publishers For thousands of years women have given birth among people they know in a place they know well. Knowledge is shared between the participants and birth is a social event. In this new, revised edition of her classic book, Sheila Kitzinger explores the universal experience of pregnancy and birth. She looks closely at the place of birth, what is done to help women in childbirth and examines the bond traditionally formed between mothers and midwives. **The Caesarean** Free Assn Books Addresses questions related to caesarean birth, examining why riskier procedures have not been eliminated by the c-section and looking at the long-term consequences of being born and giving birth by caesarean. **Birth Reborn** Random House Incorporated The internationally known French physician and head of the Pithiviers Maternity Clinic in northern France explains his revolutionary natural childbirth methods, which result in some of the lowest infant mortality figures in the world **The Positive Breastfeeding Book Everything you need to feed your baby with confidence** Pinter & Martin Ltd How often does my baby really need to feed? How do I know my baby is getting enough? Is it normal for my baby to wake at night? When you're expecting a new baby, suddenly everyone around you becomes an expert – particularly when it comes to how to feed them. It is easy to become overwhelmed by conflicting advice, myths and exaggerated stories. The Positive Breastfeeding Book cuts through the anecdotes, giving you clear, no-judgement, non-preachy, evidence-based information to help you make the right decisions for you and your baby. It will... help you understand how breastfeeding works give you tips for planning for your baby's arrival help you cope with those early months support you to make sure that whilst you're looking after the baby, you're getting taken care of too point you to how to seek help if challenges come up guide you through feeding in public, going back to work, and even rediscovering a glass of wine You'll find plenty of real stories and guidance throughout from mothers and experts in supporting breastfeeding. There are handy chapters on formula and mixed feeding, which cut through advertising spiel and give you the facts you need to choose and use formula safely. The Positive Breastfeeding Book doesn't promise to make it easy, nor will it get up in the middle of the night for you, but it will empower you with the knowledge

and encouragement you need to feed your baby with confidence. **Gentle Birth, Gentle Mothering A Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices** Celestial Arts An authoritative guide to natural childbirth and postpartum parenting options from an MD who home-birthed her own four children. Sarah Buckley might be called a third-wave natural birth advocate. A doctor and a mother, she approaches the question of how a woman and baby might have the most fulfilling birth experience with respect for the wisdom of both medical science and the human body. Using current medical and epidemiological research plus women's experiences (including her own), she demonstrates that what she calls "undisturbed birth" is almost always healthier and safer than high-technology approaches to birth. Her wise counsel on issues like breastfeeding and sleeping during postpartum helps extend the gentle birth experience into a gentle parenting relationship. **Birth Crisis** Routledge One new mother in twenty is diagnosed with traumatic stress after childbirth. In *Birth Crisis* Sheila Kitzinger explores the disempowerment and anxiety experienced by these women. Key topics discussed include: increasing intervention in pregnancy the shift in emphasis from relationships to technology in childbirth how family, friends and professional caregivers can reach out to traumatized mothers how women can work through stress to understand themselves more deeply and grow in emotional maturity how care and the medical system needs to be changed. *Birth Crisis* draws on mothers' voices and real-life experiences to explore the suffering after childbirth which has, until now, been brushed under the carpet. It is a fascinating and useful resource for student and practising midwives, all health professionals, and women and their families who want to learn how to overcome a traumatic birth. **Birth Your Way Choosing Birth at Home Or in a Birth Center** Fresh Heart Publishing Describes different approaches to childbirth and their advantages and disadvantages, including midwife delivery and birth centers. **Impact of Birthing Practices on Breastfeeding** Jones & Bartlett Publishers This text examines the research and evidence connecting birth practices to breastfeeding outcomes. It takes an in-depth look at the post-birth experiences of the mother and baby, using the baby's health as the vehicle and the intact mother-baby dyad as the model to address birth practices that affect breastfeeding. The Second Edition has been completely revised to include new information on infant outcomes, including epidural anesthesia and Cesarean surgery, clinical strategies for helping the mother and baby recover from birth injuries, medications and complications, and information on Baby-Friendly Hospital Initiatives with a Mother-Friendly Module." **Primal Health Understanding the Critical Period Between Conception and the First Birthday** Michel Odent, the leading pioneer for natural childbirth, indicates that the period between conception and a child's first birthday is critical to lifelong health. In this prophetic book, first published in 1986, Odent argues that different parts of the primal adaptive system develop, regulate and adjust themselves during fetal life and the time around birth and infancy. Everything that happens during this period of dependence on the mother has an influence on this primal health. Odent suggests that the later well-being of adults, and their ability to withstand hypertension, cancer, alcoholism and failures of the immune system resulting in AIDS, allergies and viral diseases, can all be traced back to society's ignorance of the vital importance of the primal period. This book is essential reading for all who care about

the health of our children and the ongoing health of society as a whole. **Breastfeeding, Rediscovering Tradition Hearing Before the Select Committee on Hunger, House of Representatives, One Hundred Second Congress, First Session, Hearing Held in Washington, DC, October 3, 1991** Abstract: This congressional hearing examines the decline of breastfeeding from 60 percent in 1984 to 52 percent in 1989, especially among low-income women. The hearing solicits recommendations from witnesses regarding breastfeeding promotion. **Do We Need Midwives? The Scientification of Love** Free Assn Books Love has been the realm of poets, artists, and philosophers throughout history, until recently, where it has been studied from a number of scientific perspectives. What the scientists are missing, argues author Michel Odent, is that love is vital as a strategy for the survival of the human race. Aggression and domination are no longer what we need to have an evolutionary advantage. What we need is the capacity to love. With a foreword by Miriam Stoppard, *The Scientification of Love* weaves together data from a multitude of disciplines, offering a number of insightful and exciting explanations and making the case for the adoption of radical new strategies for human survival. With maternal love as the prototype for all types of love, the book examines the short, but critical, time just after birth which has long-term consequences for our future capacity to love. *The Scientification of Love* looks at love holistically and in terms of the hormones which affect it in different parts of life, helping us to understand the conflict between civilization and the natural state of the human race. Originally published in 1999, revised in 2001, and now re-released in paperback for 2014, this controversial and fascinating book by the world renowned Michel Odent - an influential pioneer in the history of childbirth and health research - is still truly groundbreaking. **Entering the World The De-medicalization of Childbirth** Rizzoli International Publications A French doctor discusses the importance of the removal of unnecessary technological barriers between mother and child during birth and describes his hospital's natural childbirth techniques. **The Basic Needs of a Woman in Labour** True Midwifery In her book, midwife Ruth Ehrhardt very simply explores, as the title suggests, how the basic needs of labouring women can be met. It takes into consideration the subtle effect environmental factors have on labour and what those attending births need to be aware of. Drawing on the work of Michel Odent, it focuses quite plainly on the physiology of labour, childbirth and postpartum. This book is aimed at pregnant mothers as well as those attending births, whether in the capacity as caregiver (doctor, midwife, doula) or partner. "To bring together what is important in such a small number of pages is a feat. I hope that, on the five continents, all pregnant women, midwives, doulas, doctors, etc. will take the time to assimilate the contents of this chef d'oeuvre: it will be a turning point in the history of childbirth and therefore in the history of mankind." - Michel Odent **Attached at the Heart Eight Proven Parenting Principles for Raising Connected and Compassionate Children** Health Communications, Inc. "Trust me. This is the only baby book you'll ever need! It's amazing, heartwarming, and completely user-friendly. Just add your heart!" --Christiane Northrup, MD, author of *Mother-Daughter Wisdom, The Wisdom of Menopause, and Women's Bodies, Women's Wisdom* Attached at the Heart offers readers practical parenting advice for the modern age. In its most basic form, "attachment parenting" is instinctive. A crying baby is comforted and kept close to

parents for protection. If hungry, he or she is breastfed. And while it is understood that there is no such thing as perfect parenting, research suggests that there is a strong correlation between a heightened sense of respect, empathy, and affection in those children raised the "attachment parenting" way. In this controversial book, readers will gain much needed insight into childrearing while learning to trust the intuitive knowledge of their child, ultimately building a strong foundation that will strengthen the parent-child bond. Using the Eight Principles of Parenting, readers will learn: How to prepare for baby before birth Why breastfeeding is a must for busy moms When to start feeding solid food How to respond to temper tantrums Sleeping safety guidelines and the benefits of cosleeping Tips for short separation How to practice positive discipline and its rewards Tips for finding and maintaining balance The benefits of using a baby sling and implementing infant massage Tips on dealing with criticism from those opposed or unfamiliar with AP style The dangers surrounding traditional discipline styles of parenting Contrary to popular belief, "attachment parenting" has been practiced in one form or another since recorded history. Over the years, it had been slowly replaced by a more detached parenting style—a style that is now believed by experts to be a lead contributing factor to suicide, depression, and violence. The concept of "attachment parenting"—a term originally coined by parenting experts William and Martha Sears—has increasingly been validated by research in many fields of study, such as child development, psychology, and neuroscience. Also known as "conscious parenting," "natural parenting," "compassionate parenting," or "empathic parenting," its goal is to stimulate optimal child development. While many attachment-parenting recommendations likely counter popular societal beliefs, authors Barbara Nicholson and Lysa Parker are quick to point out that the benefits outweigh the backlash of criticism that advocates of detached parenting may impose. **Home Birth The Politics of Difficult Choices** Routledge The rhetoric of choice is much used in UK health policy and home birth is one of the three options that women are entitled to choose between when deciding where to have their baby. However, many women making this choice run into considerable opposition from the maternity service. Home Birth: the politics of difficult choices focuses on the experiences of women whose choices were opposed by health professionals during their pregnancy journey. It confronts why and how women are being denied home birth and raises some challenging issues for current midwifery practice. Using ten women's narratives, this important volume explores why women might want to give birth at home and considers ideas of risk and informed choice in pregnancy and birth. The book includes chapters on communication and language; fear and stress; advocacy and autonomy; fathers' experience of contested place of birth and free birthing. Pointers to best practice are presented whilst the text incorporates women's narratives throughout, making this a practical and relevant read for midwifery students as well as practising midwives and childbirth educators, all of whom have a duty to make home birth a real option for women. **Gentle Birth Choices** Simon and Schuster Birth as every woman would like it to be • Recommended by Lamaze International as one of the top ten books for pregnant women and their families • Includes a 45-minute DVD of six live gentle births • More than 32,000 copies sold of the original edition New parents are faced with a myriad of choices about pregnancy, labor, and birth. In Gentle Birth Choices Barbara Harper, renowned childbirth

advocate, nurse, former midwife, and mother of three, helps to clarify these choices and shows how to plan a meaningful, family-centered birth experience. She dispels medical myths and reimagines birth without fear, pain, or violence. Harper explains the numerous gentle birth choices available, including giving birth in an independent birth center, at home, or in a hospital birthing room; finding a primary caregiver who shares your philosophy of birth; and deciding how to best use current technologies. She also provides practical advice for couples wishing to explore the option of using a doula or water during labor and birth to avoid the unwanted effects of drugs and epidurals. The *Gentle Birth Choices DVD* blends interviews with midwives and physicians and six actual births that illustrate the options of water birth, home birth, and vaginal birth after a prior Cesarean section. The DVD clearly reveals the strength of women during childbirth and the healthy and happy outcome of women exercising gentle birth choices. It is a powerful instructional tool, not only for expectant parents, but also for midwives, hospitals, birth centers, and doctors. **Childbirth and the Evolution of Homo Sapiens Birth Matters A Midwife's Manifesta** Pinter & Martin Publishers Ina May Gaskin asserts that the way in which women become mothers is a women's rights issue, and it is perhaps the act that most powerfully exhibits what it is to be instinctually human. *Birth Matters* is a spirited *manifesta* showing us how to trust women, value birth, and reconcile modern life with a process as old as our species. **The Farmer and the Obstetrician** Free Assn Books In his new book Michel Odent shows how farming and childbirth have been industrialized side by side during the 20th century - with dramatic and disturbing consequences. The similarities are striking. In both cases innovations have been presented as the long awaited solution to an old problem: the advent of powerful synthetic insecticides has, overnight, dramatically reduced the costs and increased agricultural productivity; the advent of the modern safe technique of caesarean section has offered serious new reasons to create gigantic obstetrical departments. In both spheres a small number of skeptics voiced doubts and fears concerning the negative long-term consequences of the widespread use of novel, little tested practices; although these repeated warnings initially went unheeded, they have motivated the development of "alternative" approaches and movements. At the turn of the new century the history of industrialized farming has suddenly speeded up. A collective global awareness has been sparked by a series of disasters, particularly "mad cow" and foot and mouth diseases. Industrialized childbirth has not yet reached the same phase of its history, but the parallels between these two industries suggest that there is more to link the farmer and the obstetrician than we had all realized.. **Drugs and Popular Culture** Routledge The use of illegal drugs is so common that a number of commentators now refer to the 'normalisation' of drug consumption. It is surprising, then, that to date very little academic work has explored drug use as part of contemporary popular culture. This collection of readings will apply an innovatory, multi-disciplinary approach to this theme, combining some of the most recent research on 'the normalisation thesis' with fresh work on the relationship between drug use and popular culture. In drawing upon criminological, sociological and cultural studies approaches, this book will make an important contribution to the newly emerging field positioned at the intersection of these disciplines. The particular focus of the book is upon drug consumption as popular culture. It aims to provide an accessible

collection of chapters and readings that will explore drug use in popular culture in a way that is relevant to undergraduates and postgraduates studying a variety of courses, including criminology, sociology, media studies, health care and social work. **Embodying Women's Work** McGraw-Hill Education (UK) Caroline Gatrell argues that a woman's employment is inextricably linked to her gender and that expectations regarding family practices and women's labour have a strong and often negative impact on women's career progress. **The Politics of Maternity** Routledge The evidence surrounding the skills and approaches to support good birth has grown exponentially over the last two decades, but so too have the obstacles facing women and midwives who strive to achieve good birth. This new book critically explores the complex issues surrounding contemporary childbirth practices in a climate which is ever more medicalised amidst greater insecurity at broad social and political levels. The authors offer a rigorous, and thought-provoking, analysis of current clinical, managerial and policy-making environments, and how they have prevented sustaining the kind of progress we need. The Politics of Maternity explores the most hopeful developments such as the abundant evidence for one-to-one care for women, and sets these accounts against the background of changes in health service organisation and provision that block these approaches from becoming an everyday occurrence for women giving birth. The book sets out the case for renewed attention to the politics of childbirth and what this politics must entail if we are to give birth back to women. Designed to help professionals cope with the transition from education to the reality of the system within which they learn and practise, this inspiring book will help to assist them to function and care effectively in a changing health care environment. **Biological Nurturing Breastfeeding Instinctively** 9781780664552 **Water and Sexuality** Penguin Books LOVE/SEX/MARRIAGE **Birth Reborn** Souvenir Press In Birth Reborn Michel Odent outlines the choices available to the mother who wants to give birth naturally, in her own way and with full control over her own body, drawing on his decades of experience as an obstetrician who dealt with 1,000 births a year. It is central to his philosophy that birth is instinctive, and that an environment that promotes intimacy and creativity is essential in the experience of birth, and that the role of the midwife must be key to the mother's experience. Michel Odent has returned birth to how it should be. Birth Reborn gives expectant mothers the confidence and information they need in order to trust themselves to give birth without the drugs and medical procedures that are being increasingly recognised as harmful to the mother and to the baby's future development. **The Birth Partner A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions** Houghton Mifflin Harcourt Since the original publication of *The Birth Partner* in 1989, new mothers' mates, friends, and relatives and doulas (professional birth assistants) have relied on Penny Simkin's guidance in caring for the new mother from the last few weeks of pregnancy through the early postpartum period. Fully revised in its third edition, *The Birth Partner* remains the definitive guide for preparing to help a woman through childbirth and the essential manual to have at hand during the event. This completely updated edition includes thorough information on: Preparing for labor and knowing when it has begun; Normal labor and how to help the woman every step of the way; Epidurals and other medications for labor; Non-drug techniques for easing labor pain; Cesarean birth and complications that may

require it; Breastfeeding and newborn care; And much more. For the partner who wishes to be truly helpful in the birthing room, this book is indispensable. **Healing Our Children Because Your New Baby Matters! Sacred Wisdom for Preconception, Pregnancy, Birth and Parenting (0-6)** Rami Nagel Nagel reveals the actual cause of the following diseases: Birth Defects, Sudden Infant Death, Autism, Infertility, Colic, Tooth Decay, Miscarriage, Infant Mortality, Morning sickness, Premature Birth, Scoliosis, Postpartum Depression, and Mental Disabilities. The true cause is our toxic foods, our toxic medicines, our toxic environment, and our toxic world. In knowing this and learning to make wise choices, you become empowered to prevent these conditions. **The Art of Conscious Parenting The Natural Way to Give Birth, Bond with, and Raise Healthy Children** Simon and Schuster A new approach to creating, rediscovering, and renewing the intimate bonds between parents and children • Explains the importance of bonding with your child in utero and the physical and mental preparation needed even before conception • Shows how “green parenting”--breast-feeding, contact with nature, and low-tech creativity--can enhance your child’s life • The Art of Conscious Parenting won the 2010 Gold Nautilus Award for the best Parenting/Childcare book. The Nautilus Awards recognize books that promote spiritual growth, conscious living and positive social change, while at the same time stimulating the “imagination” and offer the reader “new possibilities” for a better life and a better world. Our first days and months of life are critical in forming the attitudes we bring into adulthood and in structuring the very roots of our personality. Simple bonding techniques--long forgotten in our modern world but stemming from the age-old customs of indigenous peoples--are at the core of a new model of conscious parenting that can produce happy and well-adjusted children. These practices also help parents experience an increased joy and intimacy both with their child and with each other. Based on obstetric and psychological evidence, Jeffrey and Dalit Fine reveal how bonding begins in utero and that the physical and mental preparation of both the father and mother, even before conception, sets the tone for the future well-being of the child. They show how sustained physical contact and simple ways of consciously interacting with your infant--eye contact with the newborn, baby-wearing instead of stroller use, and co-sleeping--have an observable positive effect. They also show that the “green parenting” practices of breast-feeding, contact with nature, and simple low-tech creative play not only provide a more hands-on and intimate approach to parenting but also are more economical and environmentally sustainable. From in-utero bonding through the challenges and joys of consciously interacting with your growing child, this book will help parents rediscover and apply the natural art of conscious parenting. **Unassisted Childbirth, 2nd Edition** ABC-CLIO 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 **The Economics of Social Determinants of Health and Health Inequalities A Resource Book** World Health Organization "This resource book discusses the economic arguments that could (and could not) be put forth to support the case for investing in the social determinants of health on average and in the reduction in socially determined health inequalities. It provides an overview and introduction into how economists

would approach the assessment of the economic motivation to invest in the social determinants of health and socially determined health inequities, including what the major challenges are in this assessment. It illustrates the extent to which an economic argument can be made in favour of investment in 3 major social determinants of health areas: education, social protection, and urban development and infrastructure. It describes whether education policy, social protection, and urban development, housing and transport policy can act as health policy"-- **Natural Health after Birth The Complete Guide to Postpartum Wellness** Simon and Schuster Provides essential advice for adjusting to the many challenges facing women during the first year after giving birth. • Offers practical tips for finding balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self. • Provides helpful herbal tips and recipes and includes gentle yoga exercises. • Addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. • By the author of *The Natural Pregnancy Book* and *Vaccinations: A Thoughtful Parent's Guide*. New mothers need care and support to adjust to the myriad challenges facing them after birth: changing body image, lifestyle, work arrangements, and relationships. Midwife, herbalist, and mother of four, Aviva Jill Romm shares her insights into how to make this crucial time a happy one. She provides essential advice for preparing for the postpartum period, coping during the first few days after the birth, establishing a successful breast-feeding relationship, getting enough rest, eating well even with a hectic schedule, and finding time to regain strength and tone with gentle yoga exercises. Woven throughout are helpful herbal tips and recipes to make the first year of motherhood a naturally healthy one. **Natural Health after Birth** also addresses a new mother's need to replenish her body, mind, and spirit so that she can nurture her child. This book provides support both for women who plan to be home full or part time during the first year and those who must return to their jobs soon after the birth. With humor and compassion, Romm offers mothers practical wisdom for attaining the delicate balance between being fully immersed in the beautiful but demanding path of motherhood and maintaining a sense of self. **The Future Of Homo** World Scientific Since the advent of 'ecological awareness' in the 1970s, Michel Odent has continuously claimed that it is commonplace to anticipate the effects of human activities on the ecosystems without considering the probable transformations of Homo induced by multiple aspects of modern lifestyle. In 1979, in 'Genèse de l'homme écologique', he raised questions such as: 'How does respect for Mother Earth develop?' It is significant that, forty years later, a Paris publisher suddenly took the initiative to present a 2019 edition. Today the chosen 'springboard' for 'The Future of Homo' is, once more, the perinatal period, the critical phase of human development that has been radically transformed over some decades. Present-day questions are raised about 'birth preparation', a little-known phase of physiological changes in late pregnancy: the importance of the topic is perceptible at a time when widespread medical practices, namely labour induction and prelabour caesarean sections, are powerful interferences. The book offers an antithesis to countless published documents about 'natural childbirth'. It is challenging the dominant ways of thinking through radically new ways of interpreting the physiological processes. More than ever, Michel Odent is pushing the explorers of the future to consider the probable

transformations of Homo as a central and necessary issue. The matter is enlarged with considerations about long-term thinking, the 'future of futurology' and 'the evolution of evolutionary thinking'. The endpoint of the book is related to the limits of the domination of nature: how can childbirth be desocialised? **Related Link(s)** **The Red Tent** Allen & Unwin A beautiful and thought provoking novel: lost to history by the chronicles of men, here at last is the dazzling story of Dinah, Jacob's only daughter in the Book of Genesis. **Planet Ocean Our Mysterious Connections to Water** CLAIRVIEW BOOKS After introducing the concept of the birthing pool in the 1970s, Michel Odent has continuously expanded his interest in the mysterious connections between humans and water. In Planet Ocean he shows that the evolution of the oceans - particularly the fluctuations of sea levels - and the evolution of humans are inseparable. The oceans are the givers and sustainers of life, holding ninety-five per cent of the planet's habitable space within their immense depths. Odent steers us towards a radically new vision of human nature. Our defining feature - a supersized brain - becomes a leitmotif that enables links between topics as diverse as our nutritional needs, our relationship with sea mammals, and the way members of our species give birth. He relates 'transcendent emotional states' with what the French writer Romain Rolland referred to as 'the oceanic feeling' - both suggesting the absence of limits. Access to such states can be associated with, for example, a 'foetus ejection reflex'. This leads to the extraordinary conclusion that swimming - as learnt behaviour among humans - the birth process and access to transcendence are interrelated topics for students of human nature. Planet Ocean is a fascinating interdisciplinary study that demonstrates our manifold connections to water and suggests their relevance to everyday life. **The Family Bed** TarcherPerigee An "excellent" (Jane Goodall, Ph.D.) guide to the pros and cons of children sleeping in their parents' bed. **Brave New Birth Practical Wisdom for an Unassisted Birth (or Any Birth, for That Matter)** Tiny World Company Unassisted birth. Freebirth. Self-directed birth. An undisturbed birth sounds great in theory, but how is it done? Whether you want practical guidance for an unassisted birth or simply want to deepen your understanding of natural birth in general, this book is the how-to manual you've been waiting for. Introducing the idea of a Brave New Birth - any birth where the mother and baby are free to birth by instinct and are given the privacy and safety necessary for the body and baby to birth themselves, without interference, intervention, or being watched/measured/observed. Here's a short list of what we'll cover inside this book: ?Learn 9 core ideas underlying unassisted birth. ?Decide whether freebirth is for you. ?Plan and prepare during an autonomous pregnancy. ?Explore basic biological truths and decode sensations. ?Understand the natural flow of labor, variations of normal, and red flags to look out for. The information found in Brave New Birth can be applied to any natural birth - at home, in the hospital, or during an emergency - with or without a caregiver. **MULTIMEDIA EDITION:** Includes access to our private doula-run support group, private how-to video library, printables library, and the forthcoming audiobook version, so you can learn on the go.