

She Births

A practical guide to a beautiful birth

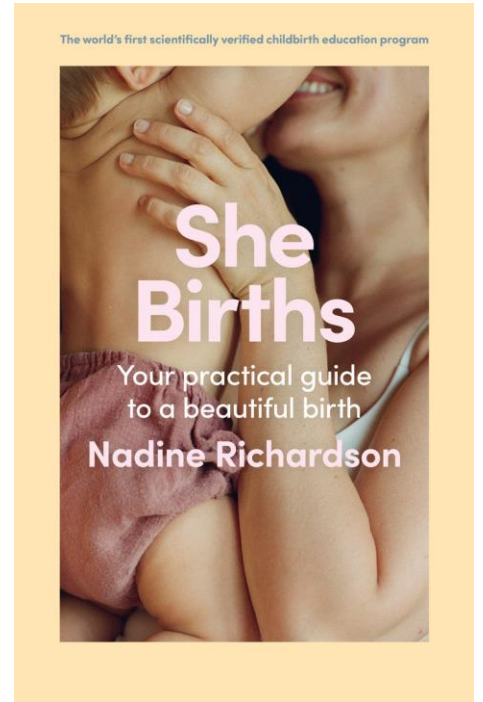
An empowering guide to birth that invites women to set their own terms for their birth experience, free from fear.

By Nadine Richardson

For over 20 years, doula Nadine Richardson has supported mothers and partners with the tools, insights and inspiration needed to reclaim the birth experience. In a world where misinformation, media and over-medicalisation have created anxiety and fear, this book offers a new path that is rooted in evidence-based education and ancient wisdom.

Nadine's antenatal course, She Births®, is the world's first scientifically verified childbirth program, and in this book, Nadine shares hands-on techniques to reduce pain, prevent unnecessary intervention and foster connection. The chapters delve into the body, mind and the spiritual, and then look at the stages of labour and creating your birth plan. There are also helpful diagrams, beautiful birth imagery, partner support strategies and real birth stories that will inspire.

Nadine guides women through the full arc of birth and matrescence – the emotional, psychological and spiritual transformation into motherhood. Whether preparing for a natural birth, navigating previous trauma, or simply seeking a more conscious approach, *She Births* is your comprehensive toolkit for creating a beautiful birth, whatever unfolds.



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About the Author:

Nadine Richardson is a pioneer in childbirth education and the leading authority in natural birth preparation. She is the founder of the world's first scientifically verified childbirth program, She Births®, which is endorsed by obstetricians, midwives and tens of thousands of families. Nadine advocates for more natural, physiological births and champions integrative care in which obstetrics, midwifery and doulas come together to support beautiful birth experiences.



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