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Easy Labor: Every Woman's Guide to Choosing Less Pain and More Joy During Childbirth

William Camann, Kathryn Alexander

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THE FIRST COMPLETE, COMPREHENSIVE GUIDE TO PAIN RELIEF DURING LABOR AND DELIVERY

Far too many expectant mothers find themselves unprepared when labor begins and natural techniques don’t effectively manage the pain. This indispensable guide provides reassuring, proven approaches to combining medical and natural techniques to ensure the most comfortable pain-free labor possible. In Easy Labor, you’ll discover

• what to expect during labor, and key factors that affect your comfort
• the facts on epidurals, safety concerns, and how effectively they reduce pain
• the pros and cons of pain-relief medications
• complementary and alternative methods, including water immersion, acupuncture, hypnosis, massage, and birth balls
• how your choice of hospital or birth center affects your pain-management options
• techniques to calm and eliminate the specific fears and stresses associated with childbirth

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