

at peace birth and wellness

At Peace Birth and Wellness: Your Journey to a Calm and Confident Birth Experience

Are you pregnant and feeling overwhelmed? Is the idea of childbirth filling you with anxiety instead of excitement? You're not alone. Many expecting parents grapple with fear and uncertainty surrounding labor and delivery. This comprehensive guide from At Peace Birth and Wellness explores holistic approaches to prepare you for a calm, confident, and positive birthing experience. We'll delve into practical techniques, mindset shifts, and supportive resources to help you navigate this transformative journey with grace and peace. Get ready to embrace a birth experience that aligns with your vision for motherhood.

Understanding the At Peace Birth and Wellness Philosophy

At Peace Birth and Wellness centers around the belief that childbirth is a natural, powerful, and deeply personal experience. We champion a holistic approach, recognizing the interconnectedness of your physical, emotional, and spiritual well-being. Our philosophy emphasizes:

Empowerment: We believe in empowering you with knowledge and tools so you feel confident in making informed decisions about your birth.

Individuality: Every pregnancy and birth is unique. We tailor our support to your specific needs and preferences.

Holistic Wellness: We focus on nurturing your overall well-being – mind, body, and spirit – to prepare you for the demands of labor and postpartum recovery.

Positive Mindset: Cultivating a positive and confident mindset is crucial for a positive birth experience. We provide techniques to manage anxiety and build resilience.

Preparing Your Body for Labor: Physical Wellness

Physical preparation is crucial for a smoother birth. This involves:

Prenatal Exercise: Gentle exercises like yoga, swimming, and walking can strengthen your muscles, improve flexibility, and reduce stress. Avoid high-impact exercises, especially as your pregnancy progresses. Consult your healthcare provider before starting any new exercise routine.

Nutrition: A healthy, balanced diet rich in fruits, vegetables, whole grains, and lean protein fuels your body and your baby's growth. Stay hydrated by

drinking plenty of water.

Pelvic Floor Exercises (Kegels): Strengthening your pelvic floor muscles can aid in labor and postpartum recovery. Regular Kegel exercises are highly recommended.

Prenatal Massage: Massage can help alleviate common pregnancy discomforts like back pain, swelling, and muscle tension. It can also promote relaxation and reduce stress.

Cultivating a Peaceful Mindset: Emotional and Spiritual Wellness

The emotional and spiritual aspects of birth are just as important as the physical. To achieve a peaceful birth experience, consider:

Mindfulness and Meditation: Practicing mindfulness and meditation techniques can help you manage anxiety, reduce stress, and connect with your body and baby. Even a few minutes a day can make a significant difference.

Visualization: Visualize yourself having a positive and empowering birth experience. Imagine the feelings of strength, calm, and joy.

Affirmations: Use positive affirmations to reinforce your confidence and belief in your ability to give birth naturally and peacefully.

Connecting with Your Partner/Support Person: Open communication and mutual support are crucial. Involve your partner or support person in your birth preparation process. Attend childbirth education classes together.

Choosing Your Birth Team and Setting: The Importance of Support

The people you surround yourself with during labor and delivery significantly impact your experience.

Choosing a Healthcare Provider: Select a provider whose philosophy aligns with your birth preferences. Research different healthcare providers and interview them to ensure a good fit.

Doula Support: A doula provides continuous emotional, physical, and informational support during labor and delivery. They can help you navigate the process, advocate for your choices, and provide comfort measures.

Birth Setting: Decide where you want to give birth: hospital, birthing center, or home. Consider the advantages and disadvantages of each option and choose the environment that feels most comfortable and safe for you.

Navigating Challenges and Unexpected Events: Developing Resilience

Even with thorough preparation, unexpected challenges can arise during labor. Developing resilience is crucial for handling these situations with grace and composure.

Developing a Birth Plan: A birth plan helps you clarify your preferences and communicate them to your healthcare team. Remember that it's a guideline, not a rigid set of rules. Be prepared to adapt to unexpected circumstances.

Breathing and Relaxation Techniques: Learn and practice breathing and relaxation techniques to manage pain and stay calm during labor contractions.

Trusting Your Intuition: Listen to your body and trust your instincts. Don't hesitate to ask questions or express your concerns to your healthcare provider.

Postpartum Recovery: Nurturing Your Well-being After Birth

Postpartum recovery is a crucial stage in your journey to motherhood. Prioritize self-care and seek support during this period:

Rest and Relaxation: Get as much rest as possible. Accept help from family and friends with household chores and childcare.

Nutrition: Eat nutritious foods to replenish your energy and support breastfeeding (if you choose to breastfeed).

Physical Therapy: Pelvic floor physical therapy can help with recovery and prevent long-term issues.

Emotional Support: Connect with other mothers and seek professional support if you experience postpartum depression or anxiety.

Conclusion

At Peace Birth and Wellness encourages you to approach childbirth with confidence, knowledge, and a peaceful mindset. By focusing on physical and emotional preparation, building a supportive team, and developing resilience, you can create a birth experience that aligns with your vision for motherhood. Remember, you are capable, strong, and empowered. Embrace this journey with grace and celebrate the miracle of birth.

FAQs

1. Is At Peace Birth and Wellness a medical practice? No, At Peace Birth and Wellness offers holistic support and education but does not provide medical advice or treatment. Always consult with your healthcare provider for any medical concerns.
1. What if my birth plan doesn't go as expected? Birth plans are guidelines, not guarantees. The most important thing is to remain flexible and adaptable, trusting your intuition and your healthcare team.

1. How can I find a doula in my area? Many online resources and local birthing centers can help you connect with certified doulas in your area. Ask your healthcare provider for recommendations.

1. What are some good resources for prenatal yoga? Many online platforms offer prenatal yoga classes, and many local gyms or studios also offer in-person classes.

1. How can I cope with anxiety about childbirth? Techniques like mindfulness, meditation, visualization, and talking to a therapist or counselor can help manage anxiety. Consider joining a prenatal yoga class or a childbirth education class.

at peace birth and wellness: Natural Hospital Birth Cynthia Gabriel, 2017-08 Offers expectant mothers seeking natural childbirth in a hospital a detailed look at pregnancy and labor, explaining how to create a mutually supportive relationship among birth-care providers and make informed choices.

at peace birth and wellness: Birthing Mama Corinne Andrews, 2021-09-14 Birthing Mama offers a holistic approach to the transformative experience of pregnancy. Author Corinne Andrews, a yoga teacher since 2003 and creator of Birthing Mama® Prenatal Yoga and Wellness, guides women through each week of the nine-month journey, integrating body, mind, and spirit through reflection, yoga postures and breath practices, self-care activities, and creative projects. Whether expectant mothers are setting up a Pregnancy Altar to focus their hopes and dreams for the baby-to-be, writing a Pregnancy Affirmation Statement, blending an herbal tea formula, or breathing into mountain pose for strength and healing, they will find a blend of self-nourishment and self-discovery, contemplation, and celebration through Andrews's gentle, empowering style.

at peace birth and wellness: Birth Matters Ina May Gaskin, 2011-01-04 Renowned for her practice's exemplary results and low intervention rates, Ina May Gaskin has gained international notoriety for promoting natural birth. She is a much-beloved leader of a movement that seeks to stop the hyper-medicalization of birth—which has led to nearly a third of hospital births in America to be cesarean sections—and renew confidence in a woman's natural ability to birth. Upbeat and informative, 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 manifesto showing us how to trust women, value birth, and reconcile modern life with a process as old as our species.

at peace birth and wellness: Gentle Birth Choices Barbara Harper, 2005-08-09 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.

at peace birth and wellness: HypnoBirthing, Fourth Edition Marie Mongan, 2015-12-08 HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. In fact, more than 25,000 books were sold in 2014 through the author's website alone, and according to Nielsen BookScan, over 70,000 were sold through reporting retailers since its publication in 2005. Here's why: HypnoBirthing helps women to become empowered by developing an awareness of the instinctive birthing capability of their bodies. It greatly reduces the pain of labor and childbirth; frequently eliminates the need for drugs; reduces the need for caesarian surgery or other doctor-controlled birth interventions; and it also shortens birthing and recovery time, allowing for better and earlier bonding with the baby, which has been proven to be vital to the mother-child bond. What's more, parents report that their infants sleep better and feed more easily when they haven't experienced birth trauma. HypnoBirthing founder Marie Mongan knows from her own four births that it is not necessary for childbirth to be a terribly painful experience. In this book she shows women how the Mongan Method works and how parents they can take control of the greatest and most important event of their lives. So, why is birth such a traumatic event for so many women? And why do more than 40% of births now end in caesarian section, the highest percentage in history? The answer is simple: because our culture teaches women to fear birth as a painful and unsettling experience. Fear causes three physical reactions in the body—tightening of the muscles, reduced blood flow to the birthing muscles, and the release of certain hormones—which increase the pain and discomfort of childbirth. This is not hocus-pocus; this is science.

at peace birth and wellness: Birth, Breath, and Death Amy Wright Glenn, 2013-03-03 At the age of fourteen, Amy Wright Glenn began to question the Mormon faith of her family. She embarked on a life long personal and scholarly quest for truth. While teaching comparative religion and philosophy, Amy was drawn to the work of supporting women through labor and holding compassionate space for the dying. Amy shares moving tales of birth and death while drawing on her work as a birth doula, hospital chaplain, and her own experience of motherhood. We are born, we die, and in between these irrevocable facts of human existence the breath weaves all moments together. Birth, Breath, and Death entwines story, philosophy, and poetic reflection into transforming narratives that are full of grace.

at peace birth and wellness: Birth Models That Work Robbie Davis-Floyd, 2009-03-07 This book is a major contribution to the global struggle for control of women's bodies and their giving birth and should be read by all obstetricians, midwives, obstetric nurses, pregnant women and anyone else with interest in maternity care. It documents the worldwide success of programs for pregnancy and birth which honor the women and put them in control of their own reproductive lives.—Marsden Wagner, MD, author of *Born In The USA: How a Broken Maternity System Must Be Fixed to Put Women and Children First*

at peace birth and wellness: Mama Glow Latham Thomas, 2012-11-06 In *Mama Glow*, maternity lifestyle maven Latham Thomas shares the tips and techniques to support a blissful journey to motherhood. She shows you how to make room for your pregnancy, assess your current diet, banish toxic habits, and incorporate yoga to keep your mind, body, and spirit in balance.

Throughout, you'll get tips to help reduce stress; alleviate common discomforts; demystify birth plans, labor coaches, and midwives; whip up pampering treats like homemade shea butter and coffee sugar scrub; and indulge in over 50 delicious, nutrient-rich recipes to nourish both you and your bun. Mama Glow also features a postpartum wellness plan to guide you back to your prebaby body, troubleshoot breastfeeding problems, and embrace your abundant new life. Mama Glow includes:

- Illustrated exercises for a fit, fabulous, and comfortable pregnancy
- Fleshed-out cleansing programs to boost fertility
- A simple formula for deconstructing those crazy cravings
- Yoga sequences designed for prepregnancy, each trimester, and postpartum
- Checklists for your prenatal pantry, finding a birth coach, and packing your birth bag
- Glow foods to help you snap back to your fab prebaby body

As your certified glow pilot, Latham will guide you through every stage of your pregnancy, giving you practical advice to make your journey a joyful and vibrant one.

at peace birth and wellness: Mamaste Lori Bregman, 2019-04-23 Celebrated doula, healer, yoga teacher, and parenting coach Lori Bregman brings a holistic guide to being a more balanced, authentic, and joyful mother. Introducing the five expressions of motherhood—Action Mama, Flow Mama, Rebel Mama, Vulnerable Mama, and Free Mama—Lori offers supportive advice, exercises, meditations, and yoga practices to cultivate a healthy balanced life and stronger bonds. Accessible and encouraging, Mamaste provides foundational tools for parenting, relatable examples, and exercises to build selfawareness and mindfulness. Guiding new mothers along a journey of self-discovery, these practices ultimately lead to a more enriching and contented experience for both mother and child. Packaged in an inviting paperback and filled with nurturing advice, Mamaste is essential for any expecting or new parent.

at peace birth and wellness: *M Is for Mama* Abbie Halberstadt, 2022-02-01 Mama of ten Abbie Halberstadt helps women humbly and gracefully rise to the high calling of motherhood without settling for mediocrity or losing their minds in the process. Motherhood is a challenge. Unfortunately, our worldly culture offers moms little in the way of real help. Mamas only connect to celebrate surviving another day and to share in their misery rather than rejoice in what God has done and to build each other up in hard times. There has to be a better way, a biblical way, for mamas to grow and thrive. As a daughter of Christ, you have been called to be more than an average mama. Attaining excellence doesn't have to be unsettling but it will take committed focus and a desire to parent well according to God's grace and for His glory. *M is for Mama* offers advice, encouragement, and scripturally sound strategies seasoned with a little bit of humor to help you embrace the challenge of biblical motherhood and raise your children with love and wisdom. Mama, you are worthy of the awesome responsibility God has given you. Now it's time to start believing you can live up to it.

at peace birth and wellness: *A Modern Woman's Guide to a Natural Empowering Birth* Katrina Zaslavsky, 2012-10-29 *A Modern Woman's Guide to a Natural Empowering Birth* is a collection of inspiring birth stories, expert tips and practical insights to empower women to reclaim their birth power and overcome their fears in a modern world. Afterword by Dr Sarah Buckley MD, internationally acclaimed author of *Gentle Birth*, *Gentle Mothering*. Feeling anxious, alone or in the dark as a new mother to be? Where do you go to get your questions answered when you don't have any mothers as the wise woman to turn to, the doctor is too busy to inform you of your options or discuss the pros and cons of various drugs and procedures on the menu, and you read virtually every magazine in the waiting room before he/ she can see you for five minutes at a time? Meanwhile, random strangers decide it is their maternal duty to share their birth horror stories when they spot the bump and the hospital antenatal classes leave you feeling even more fearful and anxious than you were before you walked in! Just when you thought you couldn't bear to hear another horror story, along comes a fresh new book that is the answer to your prayers. More than just a random collection of stories, the author Katrina Zaslavsky, takes you on a powerful journey of discovery and gives you the keys to transforming your birth experience. Be empowered to experience the joy of natural birth on your own terms- Fear-Free, Drug- Free and maybe even Pain Free... (Hint: Get off the beds ladies and actively give birth rather than being delivered)..... and then become a part of the

Positive Birth Revolution!! As seen on national media including TV, My Child and Nature & Health Magazines, Coles Baby & Toddler Club, recommended at Mum's Lounge and voted Favourite Product Finalist in the People's Choice AusMumpreneur Awards 2012. About the author: Profoundly impacted by her own personal journey into motherhood after overcoming her own extreme fears of childbirth, Katrina has become a passionate advocate of natural and conscious parenting, committed to supporting women to give birth naturally and overcome their fears in a world that has become so medicalised and fearful of something so perfectly natural. A former public health professional (in her previous life before children!) together with a lifelong passion for healthy living, over a decade in the natural health industry, a magazine columnist and most recently a committee member for Natural Parenting Melbourne, her calling is to awaken people to live a more conscious natural lifestyle and especially to empower women to discover their inner birth goddess! Available Now

at peace birth and wellness: Reproductive Injustice Dána-Ain Davis, 2019-06-25 Winner, 2020 Senior Book Prize, given by the Association of Feminist Anthropology Winner, 2020 Eileen Basker Memorial Prize, given by the Society for Medical Anthropology Honorable Mention, 2020 Victor Turner Prize in Ethnographic Writing, given by the Society for Humanistic Anthropology Finalist, 2020 PROSE Award in the Sociology, Anthropology and Criminology category, given by the Association of American Publishers A troubling study of the role that medical racism plays in the lives of Black women who have given birth to premature and low birth weight infants Black women have higher rates of premature birth than other women in America. This cannot be simply explained by economic factors, with poorer women lacking resources or access to care. Even professional, middle-class Black women are at a much higher risk of premature birth than low-income white women in the United States. Dána-Ain Davis looks into this phenomenon, placing racial differences in birth outcomes into a historical context, revealing that ideas about reproduction and race today have been influenced by the legacy of ideas which developed during the era of slavery. While poor and low-income Black women are often the “mascots” of premature birth outcomes, this book focuses on professional Black women, who are just as likely to give birth prematurely. Drawing on an impressive array of interviews with nearly fifty mothers, fathers, neonatologists, nurses, midwives, and reproductive justice advocates, Dána-Ain Davis argues that events leading up to an infant’s arrival in a neonatal intensive care unit (NICU), and the parents’ experiences while they are in the NICU, reveal subtle but pernicious forms of racism that confound the perceived class dynamics that are frequently understood to be a central factor of premature birth. The book argues not only that medical racism persists and must be considered when examining adverse outcomes—as well as upsetting experiences for parents—but also that NICUs and life-saving technologies should not be the only strategies for improving the outcomes for Black pregnant women and their babies. Davis makes the case for other avenues, such as community-based birthing projects, doulas, and midwives, that support women during pregnancy and labor are just as important and effective in avoiding premature births and mortality.

at peace birth and wellness: Sexual Violence and Armed Conflict Janie L. Leatherman, 2013-04-26 Every year, hundreds of thousands of women become victims of sexual violence in conflict zones around the world; in the Democratic Republic of Congo alone, approximately 1,100 rapes are reported each month. This book offers a comprehensive analysis of the causes, consequences and responses to sexual violence in contemporary armed conflict. It explores the function and effect of wartime sexual violence and examines the conditions that make women and girls most vulnerable to these acts both before, during and after conflict. To understand the motivations of the men (and occasionally women) who perpetrate this violence, the book analyzes the role played by systemic and situational factors such as patriarchy and militarized masculinity. Difficult questions of accountability are tackled; in particular, the case of child soldiers, who often suffer a double victimization when forced to commit sexual atrocities. The book concludes by looking at strategies of prevention and protection as well as new programs being set up on the ground to support the rehabilitation of survivors and their communities. Sexual violence in war has long been a taboo subject but, as this book shows, new and courageous steps are at last being taken Ð at both

local and international level - to end what has been called the “greatest silence in history”.

at peace birth and wellness: *The Uterine Health Companion* Eve Agee, 2010-02-23 The uterus is a remarkable organ—it is our first home, contributes to women’s sexual pleasure, houses some of the strongest muscles in the body, and even helps prevent heart disease and high blood pressure. However, in the West, the uterus has generally been viewed as insignificant beyond reproduction and rarely receives our attention except when it becomes problematic or when we focus on getting pregnant or giving birth. Even though health-promoting strategies for organs like the heart and lungs have become common knowledge, preventative measures for lifelong uterine health have been largely absent from Western medical care. Consequently, one-third of all women in the United States will have a hysterectomy--the highest rate in the world. In *The Uterine Health Companion*, anthropologist and holistic health expert Eve Agee reveals that women in many non-Western societies do not share our high rates of benign uterine problems or our negative attitudes about the uterus. Drawing on her research with women in the United States and abroad, Agee shows how traditional practices from other cultures can help create lasting health so that issues such as PMS, fibroids, and endometriosis do not have to be our destiny as women. Through poignant narratives as well as global insights, the book inspires us to develop new understandings about health and healing that affirm all women. *The Uterine Health Companion* demonstrates why the uterus matters and how we can take care of it, from menarche to menopause—and beyond. A comprehensive holistic plan including nutrition, exercise, and visualization guides us to promote uterine wellness and enhance conventional medical therapies. Chapters dedicated to specific uterine issues illustrate how to support our health through simple daily practices and fundamental attitude shifts in our relationship to our bodies. The book also includes strategies for women who have had hysterectomies. This empowering resource offers a prescriptive, balanced approach to developing and maintaining optimal uterine health, for every woman at any stage of life. Award-Winner, Health: Women's Health category, 2011 International Book Awards

at peace birth and wellness: *Peace Mom* Cindy Sheehan, 2006-09-26 Writing this book is the second most difficult thing I have ever done, next to burying Casey. On April 4, 2004, Cindy Sheehan learned that Casey, the eldest of her four children, had been killed in Iraq, where he was serving in the United States Army. After struggling through crippling grief for three weeks, she came to an epiphany: I will spend my life trying to make Casey's sacrifice count for peace and love, not killing and hate. *Peace Mom* is the heartfelt and profoundly moving story of Cindy's journey to activism. She recounts the dark days following Casey's death, when it seemed her life would never have meaning again. She tells of her June 2004 meeting with President Bush, and how that encounter ultimately set her on a path that would take her to hearings in the Capitol, test old friendships and family ties, and culminate outside Crawford, Texas, in a monthlong peace action that would draw thousands of supporters and worldwide attention. Here are the stories Cindy has never shared before about her own experiences at the center of a media firestorm, the life-altering events that were sparked by her simple act of defiance one hot August day in Texas. Going behind the headlines and sound bites, Cindy writes candidly about the toll her activism has taken on her own life and her family, as well the unforeseen rewards her quest for peace has brought. Through days of rage, despair, laughter, and tears, Cindy has found ways to celebrate the life of her son Casey and give meaning to his death. Her story points the way to a future of peace and justice for the world and for our children. Heartrending and powerful, *Peace Mom* is at once an honest account of one woman's triumph over loss and a clarion call to all those who wonder if they can make a difference.

at peace birth and wellness: *Natural Birth Secrets* Anne Margolis, 2020-05-21

at peace birth and wellness: *Becoming a Midwife* Sandi Doughton, 2020-12-01 A revealing guide to a career as a midwife written by award-winning health reporter Sandi Doughton and based on the real-life experiences of the chief of the midwifery practice group at the University of Washington—required reading for anyone pursuing a path to this life-changing profession. *Becoming a Midwife* takes you behind the scenes to find out what it’s really like, and what it really takes, to become a midwife. Midwives are medical professionals who provide care for childbearing women on

their birthing journey. It is a growing career that combines compassion and emotional intelligence with nursing and healthcare. Expert midwife Mary Lou Kopas, MN, CNM, specializes in healthy pregnancy and birth. As a veteran of the field, she has helped countless women on the path to labor by delivering their babies and following up with breastfeeding support, newborn care, and insight into the many psycho-social challenges women face in the transition to motherhood. Gain professional wisdom as acclaimed health reporter Sandi Doughton shadows Kopas at work, telling the story of her professional path. Learn the ins and outs of this dynamic job, helping soon-to-be mothers bring new life into the world.

at peace birth and wellness: Parenting for Peace Marcy Axness, 2012 This book emphasizes a mother's role in the development of the child's brain and emotional infrastructures.

at peace birth and wellness: Sweet Sleep La Leche League International, Diane Wiessinger, Diana West, Linda J. Smith, Teresa Pitman, 2014-07-29 Sweet Sleep is the first and most complete book on nights and naps for breastfeeding families. It's mother-wisdom, reassurance, and a how-to guide for making sane and safe decisions on how and where your family sleeps, backed by the latest research. It's 4 A.M. You've nursed your baby five times throughout the night. You're beyond exhausted. But where can you breastfeed safely when you might fall asleep? You've heard that your bed is dangerous for babies. Or is it? Is there a way to reduce the risk? Does life really have to be this hard? No, it doesn't. Sweet Sleep is within reach. This invaluable resource will help you • sleep better tonight in under ten minutes with the Quick Start guide—and sleep safer every night with the Safe Sleep Seven checklist • sort out the facts and fictions of bedsharing and SIDS • learn about normal sleep at every age and stage, from newborn to new parent • direct your baby toward longer sleep when he's ready • tailor your approach to your baby's temperament • uncover the hidden costs of sleep training and “cry it out” techniques • navigate naps at home and daycare • handle concerns from family, friends, and physicians • enjoy stories and tips from mothers like you • make the soundest sleep decisions for your family and your life Advance praise for Sweet Sleep “Chock-full of advice and information . . . The editors smartly break the information into digestible bits organized by topics and age ranges. And for any parent desperate for an uninterrupted few hours of sleep, the advice is worth the read. Sweet Sleep includes extensive information on creating a safe sleep space, helping children learn to sleep on their own and defusing criticism of your family's choices. . . . This book is nothing but supportive of whatever your choices are about nursing and sleeping.”—BookPage “An essential guide for parents . . . detailed, practical advice on bed sharing and breast-feeding, with basic guidelines for safe bed sharing outlined in seven steps.”—Publishers Weekly

at peace birth and wellness: Wellmania Brigid Delaney, 2023-03-02 NOW A MAJOR NETFLIX SERIES STARRING CELESTE BARBER MISADVENTURES IN THE SEARCH FOR WELLNESS When journalist and human tornado Brigid wakes up to yet another hangover, chronic anxiety and the reality that she is fast approaching 40, she is forced to rethink her 'live fast die young' attitude. Cold-pressed juices, hot yoga, veganism, Paleo, mindfulness ... if you embrace these things you will be happy, you will be well - just ask Instagram, right?. But what does wellness even mean? Does any of this stuff actually work? Throwing herself body-first into a wellness journey, Brigid decides to find out. Starting with a brutal 101-day fast, Brigid tests the things that are meant to make us well - detoxes, colonics, meditation, Balinese healing, silent retreats and group psychotherapy, and sorts through what works and what is just expensive hype. She asks: what does this obsession say about us? Is wellness possible, or even desirable? Where's the fun in it all? And why do you smell so bad when you haven't eaten in seven days? Trying everything from the benign to the bizarre in an attempt to reclaim her old life, Brigid discovers that perhaps if we could only look beyond ourselves we might just find the answer.

at peace birth and wellness: The Art of Giving Birth Frédérick Leboyer, 2009-01-26 A guide to help women find the joy and confidence needed for successful childbirth • Provides breathing and vocalizing exercises for use during pregnancy and labor • Contains inspiring stories from women who successfully applied these techniques • Includes links to 26-minute audio tracks of tamburã

music to accompany the singing exercises Giving birth is a veritable “explosion” of joy. The baby arrives when the life force surges up so strongly in the woman that it breaks all limitations in order to spring forth. But in our modern culture, women often do not feel empowered to give birth by themselves. They want the “experts” to handle the birth for them, out of fear of the pain or the possible safety risks to them or the baby. Dr. Frédérick Leboyer, author of the groundbreaking book *Birth without Violence*, which looks at birth from the baby’s point of view, now explores the birth process from the mother’s perspective. Through the heartfelt letters of women sharing their experiences, which are accompanied by his advice and commentary, he reveals how women can develop the skills needed to create a successful and joyful birth. Dr. Leboyer stresses that proper breathing is the most important component for women going through childbirth. The breathing should come from the lower belly and the exhalation should be accompanied by a musical tone. Without this musical dimension, breathing is merely a physical exercise. Dr. Leboyer found that by using the music of the tambura, an Indian stringed instrument whose tones represent the embodiment of universal harmony, women are transported to a place of inner peace. *The Art of Giving Birth* includes breathing and singing exercises and gentle movements to be practiced throughout pregnancy and during labor. Also included are links to 26-minute audio tracks of tamburã music to accompany the exercises.

at peace birth and wellness: Liberty and Security Conor Gearty, 2013-04-03 All aspire to liberty and security in their lives but few people truly enjoy them. This book explains why this is so. In what Conor Gearty calls our ‘neo-democratic’ world, the proclamation of universal liberty and security is mocked by facts on the ground: the vast inequalities in supposedly free societies, the authoritarian regimes with regular elections, and the terrible socio-economic deprivation camouflaged by cynically proclaimed commitments to human rights. Gearty’s book offers an explanation of how this has come about, providing also a criticism of the present age which tolerates it. He then goes on to set out a manifesto for a better future, a place where liberty and security can be rich platforms for everyone’s life. The book identifies neo-democracies as those places which play at democracy so as to disguise the injustice at their core. But it is not just the new ‘democracies’ that have turned ‘neo’, the so-called established democracies are also hurtling in the same direction, as is the United Nations. A new vision of universal freedom is urgently required. Drawing on scholarship in law, human rights and political science this book argues for just such a vision, one in which the great achievements of our democratic past are not jettisoned as easily as were the socialist ideals of the original democracy-makers.

at peace birth and wellness: Sacred Woman Queen Afua, 2012-06-20 The twentieth anniversary edition of a transformative blueprint for ancestral healing—featuring new material and gateways, from the renowned herbalist, natural health expert, and healer of women’s bodies and souls “This book was one of the first that helped me start practices as a young woman that focused on my body and spirit as one.”—Jada Pinkett Smith Through extraordinary meditations, affirmations, holistic healing plant-based medicine, KMT temple teachings, and The Rites of Passage guidance, Queen Afua teaches us how to love and rejoice in our bodies by spiritualizing the words we speak, the foods we eat, the relationships we attract, the spaces we live and work in, and the transcendent woman spirit we manifest. With love, wisdom, and passion, Queen Afua guides us to accept our mission and our mantle as Sacred Women—to heal ourselves, the generations of women in our families, our communities, and our world.

at peace birth and wellness: Global Challenges Iris Marion Young, 2006-02-10 In the late twentieth century many writers and activists envisioned new possibilities of transnational cooperation toward peace and global justice. In this book Iris Marion Young aims to revive such hopes by responding clearly to what are seen as the global challenges of the modern day. Inspired by claims of indigenous peoples, the book develops a concept of self-determination compatible with stronger institutions of global regulation. It theorizes new directions for thinking about federated relationships between peoples which assume that they need not be large or symmetrical. Young argues that the use of armed force to respond to oppression should be rare, genuinely multilateral,

and follow a model of law enforcement more than war. She finds that neither cosmopolitan nor nationalist responses to questions of global justice are adequate and so offers a distinctive conception of responsibility, founded on participation in social structures, to describe the obligations that both individuals and organizations have in a world of global interdependence. Young applies clear analysis and cogent moral arguments to concrete cases, including the wars against Serbia and Iraq, the meaning of the US Patriot Act, the conflict in Palestine/Israel, and working conditions in sweat shops.

at peace birth and wellness: The Fourth Trimester Kimberly Ann Johnson, 2017-12-26 A guide to help support women through post-partum healing on the physical, emotional, relational, and spiritual levels. This holistic guide offers practical advice to support women through postpartum healing on the physical, emotional, relational, and spiritual levels—and provides women with a roadmap to this very important transition that can last from a few months to a few years. Kimberly Ann Johnson draws from her vast professional experience as a doula, postpartum consultant, yoga teacher, body worker, and women's health care advocate, and from the healing traditions of Ayurveda, traditional Chinese medicine, and herbalism—as well as her own personal experience—to cover • how you can prepare your body for birth; • how you can organize yourself and your household for the best possible transition to motherhood; • simple practices and home remedies to facilitate healing and restore energy; • how to strengthen relationships and aid the return to sex; • learning to exercise safely postpartum; • carrying your baby with comfort; • exploring the complex and often conflicting emotions that arise postpartum; • and much more.

at peace birth and wellness: Birth Unhindered Tara L McGuire, Wellspring Publishing, 2010-08-16 About this book No more powerful transformation is available to a woman than that of the unhindered birth of her child. As a woman's body opens to the life of her baby, so too is she opened to the rawness and beauty of woman-hood. At the culmination of an unhindered pregnancy and birth, a woman is left with an increased sense of strength and confidence as a woman and a mother. This often fearful and dreaded event of childbirth is largely misunderstood and shrouded in mystery. The harmful routines and common procedures performed during pregnancy, labor and birth more often than not strip the mother of her ability and right to birth spontaneously and with the joy and love possible. By lessening fear and increasing awareness, a woman is able to come through her journey of natural childbirth as a new and stronger woman and mother. The book Birth Unhindered will help increase confidence, peace and acceptance of this transformative time in life as well as allow the reader to participate in the journeys of other women just like her. Tara McGuire is a speaker and author on the topics of pregnancy, birth, personal growth and empowerment. She has a history as a Certified Childbirth Educator and CCE Trainer through Birth Works(c) Inc., as well as acting as a birth attendant. Currently, Tara co-owns and operates Epidavros Center for Wellbeing and Epidavros Yoga Studio with her husband, Don. In addition to these activities, Tara is a home-schooling mother of four children and surrogate mother to one.

at peace birth and wellness: Karl Polanyi Gareth Dale, 2010-06-21 Karl Polanyi's The Great Transformation is generally acclaimed as being among the most influential works of economic history in the twentieth century, and remains as vital in the current historical conjuncture as it was in his own. In its critique of nineteenth-century 'market fundamentalism' it reads as a warning to our own neoliberal age, and is widely touted as a prophetic guidebook for those who aspire to understand the causes and dynamics of global economic turbulence at the end of the 2000s. Karl Polanyi: The Limits of the Market is the first comprehensive introduction to Polanyi's ideas and legacy. It assesses not only the texts for which he is famous – prepared during his spells in American academia – but also his journalistic articles written in his first exile in Vienna, and lectures and pamphlets from his second exile, in Britain. It provides a detailed critical analysis of The Great Transformation, but also surveys Polanyi's seminal writings in economic anthropology, the economic history of ancient and archaic societies, and political and economic theory. Its primary source base includes interviews with Polanyi's daughter, Kari Polanyi-Levitt, as well as the entire compass of his own published and unpublished writings in English and German. This engaging and accessible

introduction to Polanyi's thinking will appeal to students and scholars across the social sciences, providing a refreshing perspective on the roots of our current economic crisis.

at peace birth and wellness: Ecovillages Karen T. Litfin, 2014-01-15 In a world of dwindling natural resources and mounting environmental crisis, who is devising ways of living that will work for the long haul? And how can we, as individuals, make a difference? To answer these fundamental questions, Professor Karen Litfin embarked upon a journey to many of the world's ecovillages—intentional communities at the cutting-edge of sustainable living. From rural to urban, high tech to low tech, spiritual to secular, she discovered an under-the-radar global movement making positive and radical changes from the ground up. In this inspiring and insightful book, Karen Litfin shares her unique experience of these experiments in sustainable living through four broad windows - ecology, economics, community, and consciousness - or E2C2. Whether we live in an ecovillage or a city, she contends, we must incorporate these four key elements if we wish to harmonize our lives with our home planet. Not only is another world possible, it is already being born in small pockets the world over. These micro-societies, however, are small and time is short. Fortunately - as Litfin persuasively argues - their successes can be applied to existing social structures, from the local to the global scale, providing sustainable ways of living for generations to come. You can learn more about Karen's experiences on the Ecovillages website: <http://ecovillagebook.org/>

at peace birth and wellness: Cognitive Capitalism Yann Moulier-Boutang, 2011 This book argues that we are undergoing a transition from industrial capitalism to a new form of capitalism - what the author calls 'cognitive capitalism';

at peace birth and wellness: Modern Loss Rebecca Soffer, Gabrielle Birkner, 2018-01-23 Inspired by the website that the New York Times hailed as redefining mourning, this book is a fresh and irreverent examination into navigating grief and resilience in the age of social media, offering comfort and community for coping with the mess of loss through candid original essays from a variety of voices, accompanied by gorgeous two-color illustrations and wry infographics. At a time when we mourn public figures and national tragedies with hashtags, where intimate posts about loss go viral and we receive automated birthday reminders for dead friends, it's clear we are navigating new terrain without a road map. Let's face it: most of us have always had a difficult time talking about death and sharing our grief. We're awkward and uncertain; we avoid, ignore, or even deny feelings of sadness; we offer platitudes; we send sympathy bouquets whittled out of fruit. Enter Rebecca Soffer and Gabrielle Birkner, who can help us do better. Each having lost parents as young adults, they co-founded Modern Loss, responding to a need to change the dialogue around the messy experience of grief. Now, in this wise and often funny book, they offer the insights of the Modern Loss community to help us cry, laugh, grieve, identify, and—above all—empathize. Soffer and Birkner, along with forty guest contributors including Lucy Kalanithi, singer Amanda Palmer, and CNN's Brian Stelter, reveal their own stories on a wide range of topics including triggers, sex, secrets, and inheritance. Accompanied by beautiful hand-drawn illustrations and witty how to cartoons, each contribution provides a unique perspective on loss as well as a remarkable life-affirming message. Brutally honest and inspiring, Modern Loss invites us to talk intimately and humorously about grief, helping us confront the humanity (and mortality) we all share. Beginners welcome.

at peace birth and wellness: The Doula Book Marshall H. Klaus, John H. Kennell, Phyllis H. Klaus, 2012-04-03 More and more parents-to-be all over the world are choosing the comfort and reassuring support of birth with a trained labor companion called a doula. This warm, authoritative, and irreplaceable guide completely updates the authors' earlier book, *Mothering the Mother*, and adds much new and important research. In addition to basic advice on finding and working with a doula, the authors show how a doula reduces the need for cesarean section, shortens the length of labor, decreases the pain medication required, and enhances bonding and breast feeding. The authors, world-renowned authorities on childbirth with combined experience of over 100 years working with laboring women, have made their book indispensable to every woman who wants the

healthiest, safest, and most joyful possible birth experience.

at peace birth and wellness: *On Being Human* Daisaku Ikeda, Guy Bourgeault, René Simard, 2002 À première vue, l'humanisme occidental, le bouddhisme japonais et la science moderne ont si peu en commun que l'idée même de rechercher un terrain d'entente par le dialogue semble trop idéaliste. Seul un homme du calibre de daisaku ikeda pourrait mener à bien un tel projet. Faisant fi du cliché et des réponses faciles, il aborde les grandes questions auxquelles la société d'aujourd'hui est confrontée: cancer, sida, mort dignement, fécondation in vitro, éthique biomédicale... Les réponses apportées par René Simard, biologiste moléculaire et généticien, et Guy Bourgeault, bioéthicien, sont perspicaces et convaincantes. Leurs discussions ont franchi les barrières linguistiques et culturelles pour présenter une vision du potentiel - et des défis inhérents - à l'être humain.

at peace birth and wellness: *Pain-Free Childbirth* Nissa Andrews, 2021-05 It's true; I've had 4 babies naturally without pain and not one tear-four pregnancies without morning sickness and complications. I've had four wonderful postpartum experiences. The great news is that this same experience is available to every woman through Jesus. Before I became pregnant with my first, I had a preconceived notion that labor pretty much sucks. The world says it's going to be awful and extremely painful. Writhing in pain and begging for drugs is what friends, family, movies, and social media tell us. I heard it all and believed that was the way it's supposed to be. This book's purpose is to take you through my journey of breaking free from the world system of what birthing looks like and exchange it for the Kingdom, His righteousness, and what God intended for all women to experience. This book has scriptures that will open your eyes to blessings you may have never realized are yours to receive. Many people have said to me that I'm either lying or have a special superhuman gift. The truth is, I do have a special superhuman gift, and His name is Jesus! If you have Jesus, I am no different than you. We have the same supernatural abilities and anointing, for we have the same anointed one in us. If you do not know Jesus yet, I pray that my testimony will open your heart to seek Him and find the truth.

at peace birth and wellness: *Heal Your Birth Story* Maureen Campion, 2015-06-25 Psychologist and birth trauma expert Maureen Campion shares her lessons for releasing the unexpected wounds that come from having a rough birth experience. Birth can be beautiful and spiritual and joyous but there are also terrifying, emotionally raw, painful moments that can be difficult to move past. This book offers you a chance to experience the healing power of working through your birth story, while learning about trauma and developing coping skills for all those complicated feelings. Maureen Campion shares her personal experience with birth trauma and the work she has been doing working with mothers through workshops and counseling to address resolving unexpected birth outcomes. *Heal Your Birth Story* offers new understanding to the impact of birth on mothers and their partners. Journaling exercises are offered to lead the reader through multiple layers of understanding and healing.

at peace birth and wellness: *The Subject of Anthropology* Henrietta L. Moore, 2013-04-23 In this ambitious new book, Henrietta Moore draws on anthropology, feminism and psychoanalysis to develop an original and provocative theory of gender and of how we become sexed beings. Arguing that the Oedipus complex is no longer the fulcrum of debate between anthropology and psychoanalysis, she demonstrates how recent theorizing on subjectivity, agency and culture has opened up new possibilities for rethinking the relationship between gender, sexuality and symbolism. Using detailed ethnographic material from Africa and Melanesia to explore the strengths and weaknesses of a range of theories in anthropology, feminism and psychoanalysis, Moore advocates an ethics of engagement based on a detailed understanding of the differences and similarities in the ways in which local communities and western scholars have imaginatively deployed the power of sexual difference. She demonstrates the importance of ethnographic listening, of focused attention to people's imaginations, and of how this illuminates different facets of complex theoretical issues and human conundrums. Written not just for professional scholars and for students but for anyone with a serious interest in how gender and sexuality are conceptualized

and experienced, this book is the most powerful and persuasive assessment to date of what anthropology has to contribute to these debates now and in the future.

at peace birth and wellness: Trauma Jeffrey C. Alexander, 2013-04-26 In this book Jeffrey C. Alexander develops an original social theory of trauma and uses it to carry out a series of empirical investigations into social suffering around the globe. Alexander argues that traumas are not merely psychological but collective experiences, and that trauma work plays a key role in defining the origins and outcomes of critical social conflicts. He outlines a model of trauma work that relates interests of carrier groups, competing narrative identifications of victim and perpetrator, utopian and dystopian proposals for trauma resolution, the performative power of constructed events, and the distribution of organizational resources. Alexander explores these processes in richly textured case studies of cultural-trauma origins and effects, from the universalism of the Holocaust to the particularism of the Israeli right, from postcolonial battles over the Partition of India and Pakistan to the invisibility of the Rape of Nanjing in Maoist China. In a particularly controversial chapter, Alexander describes the idealizing discourse of globalization as a trauma-response to the Cold War. Contemporary societies have often been described as more concerned with the past than the future, more with tragedy than progress. In *Trauma: A Social Theory*, Alexander explains why.

at peace birth and wellness: Life After Suicide Jennifer Ashton, 2019-05-07 From the chief medical correspondent of ABC News, an eloquent, heartbreaking, yet hopeful memoir of surviving the suicide of a loved one, examining this dangerous epidemic and offering first-hand knowledge and advice to help family and friends find peace. Jennifer Ashton, M.D., has witnessed firsthand the impact of a loved one's suicide. When her ex-husband killed himself soon after their divorce, her world—and that of her children—was shattered. Though she held a very public position with one of the world's largest media companies, she was hesitant to speak about the personal trauma that she and her family experienced following his death. A woman who addresses the public regularly on intimate health topics, she was uncertain of revealing her devastating loss—the most painful thing she'd ever experienced. But with the high-profile suicides of Kate Spade and Anthony Bourdain, Dr. Ashton recognized the importance of talking about her experience and the power of giving voice to her grief. She shared her story with her *Good Morning America* family on air—an honest, heartbreaking revelation that provided comfort and solace to others, like her and her family, who have been left behind. In *Life After Suicide*, she opens up completely for the first time, hoping that her experience and words can inspire those faced with the unthinkable to persevere. Part memoir and part comforting guide that incorporates the latest insights from researchers and health professionals, *Life After Suicide* is both a call to arms against this dangerous, devastating epidemic, and an affecting story of personal grief and loss. In addition, Dr. Ashton includes stories from others who have survived the death of a loved one by their own hand, showing how they survived the unthinkable and demonstrating the vital roles that conversation and community play in recovering from the suicide of a loved one. The end result is a raw and revealing exploration of a subject that's been taboo for far too long, providing support, information, and comfort for those attempting to make sense of their loss and find a way to heal.

at peace birth and wellness: Planting Peace Gwendolyn Hooks, 2023-02-07 A bold and brightly colored illustrated biography of Wangari Maathai who founded the Green Belt Movement and was the first African woman to win the Nobel Peace Prize. This picture book tells the inspiring story of Wangari Maathai, women's rights activist and one of the first environmental warriors. Wangari began the Green Belt Movement in Kenya in the 1960s, which focused on planting trees, environmental conservation, and women's rights. She inspired thousands across Africa to plant 30 million trees in 30 years and was the first African woman to receive the Nobel Peace Prize.

at peace birth and wellness: Peace Baptiste Paul, Miranda Paul, 2021 From saying hello and pronouncing your friend's name correctly to giving more than you take and saying I'm sorry, this simple concept book explores definitions of peace and actions small and big that foster it--

at peace birth and wellness: Birthing Mama Corinne Andrews, 2021-09-14 *Birthing Mama* offers a holistic approach to the transformative experience of pregnancy. Author Corinne Andrews, a

yoga teacher since 2003 and creator of Birthing Mama® Prenatal Yoga and Wellness, guides women through each week of the nine-month journey, integrating body, mind, and spirit through reflection, yoga postures and breath practices, self-care activities, and creative projects. Whether expectant mothers are setting up a Pregnancy Altar to focus their hopes and dreams for the baby-to-be, writing a Pregnancy Affirmation Statement, blending an herbal tea formula, or breathing into mountain pose for strength and healing, they will find a blend of self-nourishment and self-discovery, contemplation, and celebration through Andrews's gentle, empowering style. This publication conforms to the EPUB Accessibility specification at WCAG 2.0 Level AA.

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