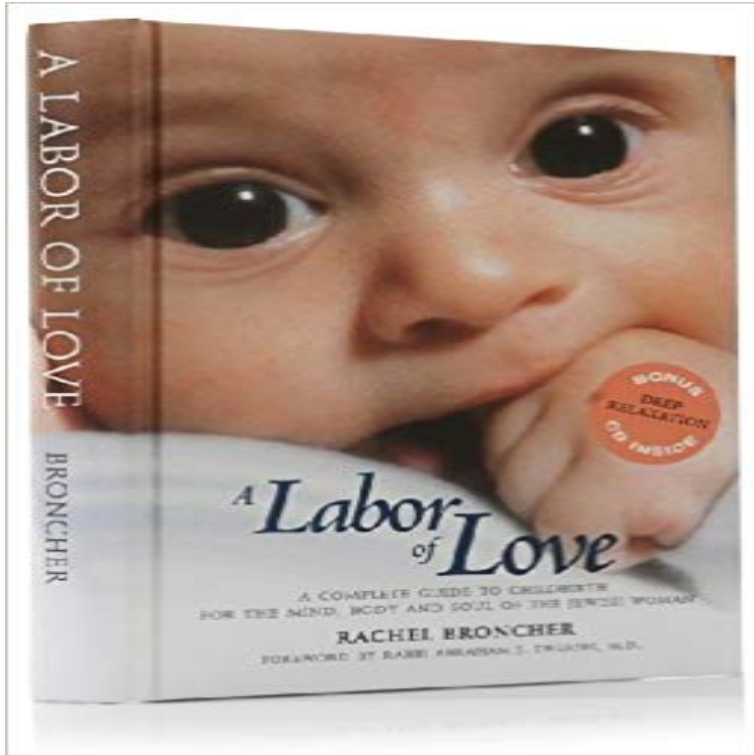


## A Labor of Love: A Complete Guide to Childbirth for the Mind, Body and Soul of the Jewish Woman



Build a positive birth experience on a foundation of faith and understanding. Change your thinking about yourself, your birth, and pain. Understand how to unlock your potential as a Jewish woman and mother. For each woman, the childbirth experience is unique and unpredictable. This is why, in anticipating birth, a woman experiences a myriad of emotions: excitement, apprehension, and fear of the unknown. With learning, understanding, and faith in Hashem (God), every woman has the potential to transform her birth into a gratifying and spiritual experience. A Labor of Love is a comprehensive and invaluable guide that covers every important stage of labor and birth, with over 50 beautiful and helpful illustrations and moving birth stories. Rachel Broncher, a childbirth teacher with over 25 years of experience, combines vital information, practical guidance, and the timeless wisdom of our rich Jewish heritage to empower women to make their birth a labor of love. Its your birth; be informed, be prepared, and be inspired. Plus special sections: Nursing a comprehensive and helpful overview on all aspects of nursing Health - information and insights on creating and maintaining good health Exercise - illustrated exercise plan with clear instructions and techniques **BONUS CD INCLUDED! BREATHING WITH YOUR BABY --- RELAXATION EXERCISES** The ideal gift for the expectant mother! A Labor of Love has cultivated this theme of hope and faith, inspiring women to strive for spirituality and a sense of renewal in their births. The authors message is one that every woman will appreciate. - Rabbi Levi I. Horowitz, the Bostoner Rebbe She has a very soft and gentle approach, a positive and encouraging attitude. Her book reflects all this by being very balanced, medically accurate, and informative. - Dr. Hava-Yael Schreiber, MD, OBGYN, Zir Chemed,

Jerusalem Rachel Broncher helps a woman realize that, in giving birth to her child, she is a partner with the Almighty. - From the Foreword by Rabbi Abraham J. Twerski, MD

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