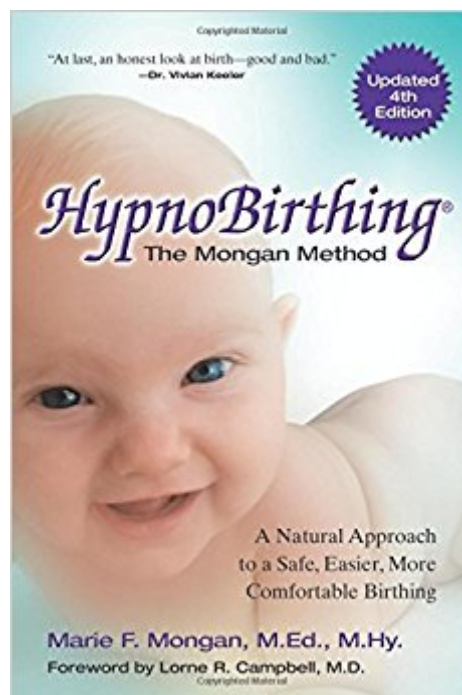




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# HypnoBirthing, Fourth Edition: The Natural Approach To Safer, Easier, More Comfortable Birthing - The Mongan Method, 4th Edition



## Synopsis

HypnoBirthing® has gained momentum around the globe as a positive and empowering method of childbirth. 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.

## Book Information

Paperback: 308 pages

Publisher: HCI; 4th ed. edition (December 8, 2015)

Language: English

ISBN-10: 0757318371

ISBN-13: 978-0757318375

Product Dimensions: 6 x 0.8 x 8.9 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 81 customer reviews

Best Sellers Rank: #22,569 in Books (See Top 100 in Books) #62 in Books > Health, Fitness & Dieting > Women's Health > Pregnancy & Childbirth #66 in Books > Parenting & Relationships > Family Relationships > Motherhood #213 in Books > Politics & Social Sciences > Women's Studies

## Customer Reviews

[View larger](#) Embrace the power of instinctive birth. In the absence of fear and tension, or special medical circumstances, severe pain does not have to be an accompaniment of labor. Birthing muscles work in perfect harmony as they were designed to when your body is sufficiently relaxed and you trust birth. Learn how to achieve this kind of relaxation, free of the resistance that fear creates, and to use your natural birthing instincts for a calm, serene and comfortable birth. When you have your baby with HypnoBirthing, you are not in a trance or asleep. What you experience is similar to the daydreaming, or focusing, that occurs when you are engrossed in a book or a movie or staring into a fire. In this calm state, your body's endorphins replace the stress hormones that constrict and cause pain. Awake throughout, you are aware of your body's surges and your baby's progress; conversant and in good spirits, totally relaxed, but fully in control. Because you have trained yourself to reach complete relaxation, you will determine the degree and the manner in which you feel the surges. Experience birthing in an atmosphere of calm relaxation, free of the fear that prevents the muscles of your body from functioning as nature intended them to.

"HypnoBirthing [is] a trademarked curriculum that trains expectant moms in visualization, relaxation and self-hypnosis techniques, which are then used in lieu of drugs. Some studies indicate that hypnosis can cut down on pain and complications and possibly even shorten labor..."

— Newsweek "I've been delivering babies for 20 years, and I've never seen anything like this method. It's incredible!" — Robert J. Zahn, M.D. "Many of my patients have used the HypnoBirthing Method results: little or no medication and yet, a more comfortable mother." — Gerald A. Hamilton, M.D. "This is magnificent! I'll get up in the middle of the night for this kind of delivery any day of the week." — Wayne L. Goldner, M.D. "[HypnoBirthing] can help alleviate anxiety during childbirth. It also may shorten labor significantly: when your uterus is relaxed, it can perform more efficiently." — Parents.com "What HypnoBirthing gave me was a greater sense of my inner strength, and it empowered me through my labor." — Better Homes & Gardens "My parents saw the video of my birthing, and they couldn't even believe that I was in labor." — Cathy Stearns, HypnoBirthing mother "One of the beauties of hypnosis is that it's easy to teach, it can often work quickly and, for most people, it is a positive addition to their treatment." — Ran D. Anbar, M.D., Upstate Medical University, SUNY-Syracuse "I didn't think this would work, even after I took the course, but it really did! It's amazing. .. With this [HypnoBirthing] birth, I kept thinking I wasn't really in labor because I kept waiting for the pain to

start, and it never did. Instead it was a wonderful experience. I chose to have my daughter in the hospital with a doula to help me, and it was very natural, very peaceful; a beautiful experience. I felt the baby just dropped out of me and you can tell. She's a really calm, happy baby, one who nurses well."~ Spirit of Change.com

Marie Mongan, M.Ed., M.Hy., is the founder of HypnoBirthing; she is a life-long educator, former college dean, clinical hypnotherapist, and Director of the HypnoBirthing Institute. She is the recipient of the 1995 National Guild of Hypnotists President's Award and received the coveted Charles Tebbetts Award in 2000, followed in 2009 with being given the highest distinction awarded by the National Guild of Hypnotists, being named for the recognition she has brought to hypnotherapy. In 2013 she was presented with the LifeTime Achievement award from the International Assn. of Counselors and Therapists, being named to this honor for the recognition she has brought to hypnotherapy. ~ Ms. Mongan lives in New Hampshire, but spends much of her time on planes, as do many of the other faculty members of the Institute, teaching in many of the 46 countries where HypnoBirthing is practiced. ~ She is the mother of four adult children, all born using the techniques upon which HypnoBirthing is based.

So I totally buy into the philosophies laid out in this book, I'm working with a midwife, having a home birth and already taking the hypnobirthing course - so this isn't a review of the method but strictly of this book. 80 pages in I'm frustrated that the content is just preaching to the choir rather than focused on helping parents to build skills to help them have a peaceful birthing experience. I'm a busy momma to be and wish she would cut to the chase instead of repeatedly convincing people who already bought the book that it was, in fact, a good choice that makes them smarter than other parents. I'm not competing with parents who choose differently. I don't need your praise Mrs. Mongan. I'm not particularly interested in how cats give birth or how you liked dolls when you were little. I just want techniques to get my birth experience of choice.

I guess I was expecting some more practical advice on the hypnobirthing method than this book provides. While the author does include some tips and advice, a lot of the chapters refer vaguely to what you will or have learned in the class which doesn't help if you don't plan on taking the class. Just don't expect a guide to HypnoBirthing, it's more of a companion and the information that is included can be found in other books that will go more in depth on pain management techniques.

I bought this book because my daughter is expecting her first child and wants to use this method. this book is an eye opener and one that every obstetrician should read. I contains a very thorough explanation of natural, instinctive birthing and the relaxation techniques needed to facilitate this kind of birth. The relaxation techniques can be used in everyday life as well. after reading this book, i wanted to slap my doctors for putting my through their "managed" birthing techniques...twice...but i realize they are just victims of a flawed education system.

great book to make child birth less medical. The included CD puts me to sleep every night. I don't expect miracles during labor and delivery, but the extra sleep I've gotten from the enclosed tracks are worth it.

Great info on a natural birth. After reading, I feel like I have the skills to get through my natural birth in a couple of months. I will read it again right before.

I can't wait to begin this course as I get into my 18th week of pregnancy! I will post an updated review after my baby is born about how useful this was!

Great read, lots of information.. gave me the confidence I need to prepare for my unexpected early delivery. Still used the techniques even though I had a c-section.

Love love love this book. I am preparing for a natural birth and this book is beyond empowering. Really reminds you your body was made to birth a baby.

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