



## I Can and I Will: Cultivate Your Courage for the Natural Birth of Your Dreams

By Wendy Hanenburg

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.It s Not About the Pain Often misunderstood, women who have experienced a natural birth know there s more to it. The pain is part of the process but the rewards are greater. And now you are here, wanting a natural birth and wondering exactly how you can do it. In I Can and I Will, the author shares her path from having a low pain tolerance to two natural births: one at a birth center, one at home, both with a midwife attending. Filled with inspiring natural childbirth experiences, birth stories, and practical advice from over 65 natural birthing women, I Can and I Will empowers you to do what you can during pregnancy to set the stage for a natural birth. Challenges to Natural Birth Fear about the pain or of losing control of your emotions and behavior is normal; if not addressed it can be a challenge. If your birth knowledge comes from dramatic TV shows, it can be a challenge. Some caregivers have practices and policies that may make natural birth...



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