

### **The Big Book Of Birth**

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### **The Big Book of Birth: Erica Lyon, Donald Matheson ...**

The Big Book of Birth. Childbirth is one of the most significant events of any woman's life--and for many, also a source of enormous anxiety and fear. In The Big Book of Birth renowned childbirth educator and Realbirth Center founder Erica Lyon offers an antidote to that fear with a comprehensive and up- to-date guide to childbirth.

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Overview. The Big Book of Birth guides women through the four stages of labor, dispelling misconceptions and providing a wealth of objective information in a warm, welcoming, and well-organized format. A long-overdue resource, The Big Book of Birth gives expectant mothers the knowledge they need to approach childbirth with confidence and joy.

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