

How I Learned to Relax and Have a Baby After the Nightmare Natural Birth of My Firstborn

I never thought I would be able to have a baby after the nightmare natural birth of my firstborn. I was in labor for over 24 hours, and I ended up having a cesarean section. The experience was so traumatic that I was terrified to even think about having another baby.

But then I found this book. It's called "How I Learned to Relax and Have a Baby After the Nightmare Natural Birth of My Firstborn." And it changed my life.



Birthing Freedom: How I Learned to Relax + Have a Baby (After the Nightmare "Natural" Birth of My Firstborn) by Amanda Grace Harrison

★★★★☆ 4.5 out of 5

Language	: English
File size	: 669 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 96 pages
Lending	: Enabled



The book is written by a woman named Sarah Buckley. She had a similar experience to me. She had a traumatic natural birth, and she was terrified

to have another baby. But she eventually found a way to overcome her fears and have a positive birth experience.

In her book, Sarah shares her story and her tips for overcoming the fear of childbirth. She talks about the importance of relaxation, visualization, and positive self-talk. She also provides practical advice on how to prepare for labor and delivery.

I read Sarah's book over and over again. I highlighted passages, and I took notes. I did the exercises she recommended. And slowly but surely, I started to feel less afraid of childbirth.

When I went into labor with my second child, I was still nervous. But I was also confident that I could have a positive birth experience. I used the techniques I had learned from Sarah's book, and I focused on staying relaxed and positive.

And guess what? I had a vaginal birth! It was a long and difficult labor, but I was able to do it without any pain medication. I am so grateful for Sarah's book. It helped me to overcome my fears and have the birth experience I always wanted.

If you're pregnant after a traumatic birth, I highly recommend reading this book. It will help you to overcome your fears and have a positive birth experience.

Here are some of the things you'll learn from this book:

- How to relax and let go of fear
- How to visualize a positive birth experience

- How to talk to yourself in a positive way
- How to prepare for labor and delivery
- How to cope with pain and discomfort
- How to have a vaginal birth after a cesarean

If you're ready to overcome your fears and have a positive birth experience, Free Download your copy of this book today.

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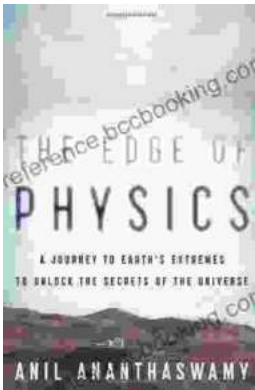
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