

## Spiritual Midwifery

Ina May's Guide to Childbirth  
A Book for Midwives  
Midwife for Souls  
Birthing from Within  
Listen to Me Good Lovie  
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The Birth Book  
The Thinking Woman's Guide to a Better Birth  
Delivered by Midwives  
The Natural Pregnancy Book, Third Edition  
Woman to Mother  
Sacred Inception  
Diary of a Midwife  
Spirituality and Childbirth

### Ina May's Guide to Childbirth

A revised and updated edition of the classic handbook for women seeking a safe, organic, eco-friendly, and natural pregnancy, featuring an integrative-based approach with new medical, herbal, and nutritional information. Over the last two decades, The Natural Pregnancy Book has ushered thousands of women through happy and healthy pregnancies. Addressing women's health from conception to birth, Dr. Romm describes herbs that can promote and maintain a healthy pregnancy, and allays such familiar concerns as anxiety, fatigue, morning sickness, and stretch marks. She also discusses the components of a healthy diet, with an emphasis on natural foods. New to this edition is integrative health advice based on Dr. Romm's new credentials as a Yale-trained physician, combined with her twenty years of experience as a midwife and herbalist.

### A Book for Midwives

Journal Notebook To Write In. Lined, Ruled Journal 6inx9in 100 Pages Get yourself a journal to write in. Journal your thoughts, notes, and much more. Go to our Author page and check out our extensive range of journals with fantastic covers Keeping a Journal has many benefits Including Problem Solving Mental clarification Increasing Focus Enabling Self Discovery Reducing Stress And Many More! Get A Journal Today!

### Midwife for Souls

The classic book on home birth. Stories of the experiences of parents and midwives during the birth process plus a technical

manual for midwives, nurses, and doctors. Includes information on prenatal care and nutrition, labor, delivery techniques, care of the new baby, and breast-feeding.

## **Birth from Within**

"Margaret Charles Smith, a ninety-one-year-old Alabama midwife, has thousands of birthing stories to tell. Sifting through nearly five decades of providing care for women in rural Greene County, she relates the tales that capture the life-and-death struggle of the birthing experience and the traditions, pharmacopeia, and spiritual attitudes that influenced her practice. Believed to be the oldest living (though retired) traditional African American midwife in Alabama, Smith is one of the few who can recount old-time birthing ways."--BOOK JACKET. Title Summary field provided by Blackwell North America, Inc. All Rights Reserved

## **Listen to Me Good**

Renowned for her practice's exemplary results and low intervention rates, Ina May Gaskin has gained international notoriety for promoting natural birth. She is a much-beloved leader of a movement that seeks to stop the hyper-medicalization of birth—which has led to nearly a third of hospital births in America to be cesarean sections—and renew confidence in a woman's natural ability to birth. Upbeat and informative, Gaskin asserts that the way in which women become mothers is a women's rights issue, and it is perhaps the act that most powerfully exhibits what it is to be instinctually human. *Birth Matters* is a spirited manifesto showing us how to trust women, value birth, and reconcile modern life with a process as old as our species.

## **Lovell**

*Spiritual Midwifery* is considered by many to be the bible of the home birth movement. This classic book on natural childbirth introduced a whole generation of women to the possibility of home birth and breast feeding. At a time when higher levels of technology were the wave of the future, the home birth movement testified to the naturalness and normalcy of the birthing process—even the sacredness of it. Ina May Gaskin, the author, is a powerful advocate for a woman's right to give birth without excessive and unnecessary medical intervention. Now in its fourth edition, her voice is needed as much now as then. In today's climate of unprecedented numbers of cesarean sections and induced labor, knowledge of this birthing process enables women to make informed choices regarding their maternity care and delivery options. The birthing stories and section on care of the newborn are valuable to anyone about to become a parent.

## **Baby Catcher**

After twenty years, Stephen Faller shares his journey into seminary and ordained ministry. This book reveals the story of how someone with a lifelong disability, cerebral palsy, might find his way into ministry as a hospital chaplain; there is a certain irony in that. While particular in its own right, this story will speak to anyone in college or graduate school studying one of the many disciplines hoping to make the world a better place. Through narrative and dialogue, Faller engages philosophers and theologians alike. This is an intimate text that seeks to integrate mind, body, and spirit that situates itself more beyond the margins than as marginalized. Just as Faller's own narrative is contextualized by disability, this personal work is contextualized in our polarized and politicized culture, as it considers the meaning of ministry for a contemporary time. His is an embodied text that speaks to a multicultural society, even if that body carries brokenness and even if that society is divided.

## **Reading Birth and Death**

Describes each step in the psychological journey to motherhood, explains how being a mother changes one's outlook, and shares the experiences of new mothers

## **Mindful Birthing**

Ina May Gaskin asserts that the way in which women become mothers is a women's rights issue, and it is perhaps the act that most powerfully exhibits what it is to be instinctually human. Birth Matters is a spirited manifesta showing us how to trust women, value birth, and reconcile modern life with a process as old as our species.

## **Mayes' Midwifery E-Book**

Based on the author's 13 years as a nurse-midwife, this book shows how women with low-risk pregnancies can be cared for by a midwife, allowing them to take control of the birth process and to avoid costly and traumatic interventions of drugs and surgery.

## **Birth Territory and Midwifery Guardianship**

Offers a guide to the entire pregnancy, birth, and parenting experience, covering the latest information on having and caring for a baby, from what not to eat, drink, take, or do during gestation, to childbirth options and coping with postpartum

emotions.

## **Birth Matters**

Midwives and other healthcare providers are grappling with the issue of rising intervention rates in childbirth and trying to identify ways to reverse the trend. It is increasingly accepted that intervention in childbirth has long-term consequences for women and their children. Birth Territory provides practical, evidence-based ideas for restructuring the birth territory to facilitate normal birth. Links new research findings to birth environments and outcomes. Describes the elements of an ideal birthing environment. Suggests how to modify existing maternity services to achieve optimal results. Investigates the links between the experiences of women and babies, and outcomes. Explores the effects of legal and socio-political factors.

## **Sexology in Midwifery**

A guide to help support women through post-partum healing on the physical, emotional, relational, and spiritual levels. This holistic guide offers practical advice to support women through postpartum healing on the physical, emotional, relational, and spiritual levels—and provides women with a roadmap to this very important transition that can last from a few months to a few years. Kimberly Ann Johnson draws from her vast professional experience as a doula, postpartum consultant, yoga teacher, body worker, and women's health care advocate, and from the healing traditions of Ayurveda, traditional Chinese medicine, and herbalism—as well as her own personal experience—to cover • how you can prepare your body for birth; • how you can organize yourself and your household for the best possible transition to motherhood; • simple practices and home remedies to facilitate healing and restore energy; • how to strengthen relationships and aid the return to sex; • learning to exercise safely postpartum; • carrying your baby with comfort; • exploring the complex and often conflicting emotions that arise postpartum; • and much more.

## **Prenatal Yoga and Natural Birth**

This interdisciplinary book examines the shifting meaning of spirituality and birth practices in the modern world in the context of biomedical advances as well as colonial incursions. It indicates that spirituality in the birth place has managed to reemerge in many parts of the world.

## **Ina May's Guide to Breastfeeding**

The first 40 days after the birth of a child offer an essential and fleeting period of rest and recovery for the new mother.

Based on author Heng Ou's own postpartum experience with *zuo yuezi*, a set period of "confinement," in which a woman remains at home focusing on healing and bonding with her baby, *The First Forty Days* revives the lost art of caring for the mother after birth. As modern mothers are pushed to prematurely "bounce back" after delivering their babies, and are often left alone to face the physical and emotional challenges of this new stage of their lives, the first forty days provide a lifeline—a source of connection, nourishment, and guidance. The book includes 60 simple recipes for healing soups; replenishing meals and snacks; and calming and lactation-boosting teas, all formulated to support the unique needs of the new mother. In addition to the recipes, this warm and encouraging guide offers advice on arranging a system of help during the postpartum period, navigating relationship challenges, and honoring the significance of pregnancy and birth. *The First Forty Days*, fully illustrated to feel both inspiring and soothing, is a practical guide and inspirational read for all new mothers and mothers-to-be—the perfect ally during the first weeks with a new baby.

### **The Soul Midwives' Handbook**

With *Mindful Birthing*, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. **SOME OF THE BENEFITS OF MINDFUL BIRTHING:** Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing

### **A Book for Midwives**

The national C-section rate is at an all-time high of 31 percent. Are all these C-sections necessary, or are some of them done simply for the sake of convenience? Inductions seem to be the norm, but are they always needed? Today, expectant mothers are often left feeling powerless, as their instincts are replaced by drugs and routine medical procedures. What you are about to discover is that you have a choice, and you have the power to plan the kind of birth that's right for you—whether it is at a birth center, a hospital, or at home. In *YOUR BEST BIRTH*, internationally known advocates of informed choice Ricki Lake and Abby Epstein inspire women to take back the birth experience, with essential advice on: · Positive and negative effects of epidurals, Pitocin, and other drugs and interventions · Inducing vs. allowing your labor to progress naturally · The truth behind our country's staggering C-section rate · Assembling your birth team and creating your birth plan. With chapters such as "Obstetricians: Finding Dr. Right," "Epidurals: You Haven't Got Time for the Pain," and "Electronic Monitors: Reading between the Lines," Lake and Epstein will encourage you to consider whatever your doctor, mother, and best friend may suggest in a new light. The book also includes inspiring birth stories, including those from well-

known personalities, such as Laila Ali and Cindy Crawford. Packed with crucial advice from childbirth professionals, and delivered in a down-to-earth, engaging voice, YOUR BEST BIRTH is sure to renew your confidence and put the control back where it belongs: with parents-to-be! "Abby Epstein and Ricki Lake have taken a wonderful and constructive approach to ensuring an optimal birthing experience. Their language creates a 'climate of confidence' for pregnant women and their families, who must make key decisions about where, how and with whom to give birth in a health care system often unresponsive to our needs. This book is like a good friend giving wise counsel." --Judy Norsigian, co-editor of *Our Bodies, Ourselves: Pregnancy and Birth* and Executive Director, *Our Bodies Ourselves*

## **Spiritual Midwifery**

Highlighting aspects of birth often taken for granted, ignored or left silenced, this book questions the art and meaning of childbirth. Addressing spirituality in and around the start of life from a variety of thought-provoking perspectives, it examines the apparent paradox of impersonal biomedical-technocratic systems operating alongside the meaningful experiences encountered by those involved. Themes covered include: Notions of holism and spirituality, culture, religion and spirituality Childbirth significance at societal level Spiritual care in maternity care provision Birth environment, mood, space and place Spiritual experience of all those involved, including health professionals Spiritual experience when birth is complex and challenging When birth and death are juxtaposed. Although there is considerable literature on spirituality at the end of life, this is the only book that draws together a global and multidisciplinary selection of academic researchers and practitioners to reflect on spirituality at the start of life. Each chapter explores the relevant theoretical background and makes links to practice, using case studies from research and practice. The chapters conclude by discussing: how spiritual care is, and should be, provided in this context; what practice approaches are beneficial; cross-cultural perspectives; and future directions for research. It is an important read for all those interested in childbirth, maternity care, social science perspectives on health and illness, and spirituality.

## **Spiritual Midwifery**

### **The Art of Spiritual Midwifery**

The bestselling author's inspiring account of her spiritual journey into discovering the love of God. "Beautifully written . . . the message and challenge of the book is profound. . . . This book will awaken your longing and set you off on your own spiritual journey."—*Today's Christian Woman* "A joy to read from beginning to end."—*Virtue Magazine* Sue Monk Kidd explores the thrilling possibilities of God's everlasting love. *God's Joyful Surprise* makes an important statement about

devotion to God rather than activity. Strands of humor and warmth woven throughout make it a joy to read from beginning to end.

## **Immaculate Deception II**

"Giving birth is the pivotal moment of a woman's life but it is often treated as a medical procedure, and not as a rite of passage. Birthing from Within offers parents engaging and memorable ways for pregnant women, and their partners, to activate personal, social and spiritual resources that will guide them through labour and afterwards. Many birth classes teach from the 'outside', from the perspective of the professional. Yet, knowledge of anatomy and the stages of labour can often seem irrelevant in the intensity of contraction. The pregnant woman needs to know about labour and birth from her own perspective, she needs to be prepared for birthing from within. Pam England offers a method that allows a woman to fully understand her own strengths and resources. The self-discoveries made during pregnancy makes birth life-enhancing and empowers the future of the family. It is a multi-sensory and holistic approach that aims to make parents feel positively informed about what they are about to experience, confident about the birth of their child. Pain is an inevitable part of childbirth but Birthing from Within provides resources for building pain-coping confidence in parents. It gives detailed instructions on dealing with normal labour pain and when the humane use of drugs may be called for."--Cover.

## **The First Forty Days**

## **Birth Matters**

## **From the Hips**

Midwives support women during the reproductive period of their lives. Dimensions of midwifery work include, in addition to the physiological aspect, psychological and spiritual issues. Midwifery activities mean involvement in the most intimate sphere of clients' lives. Women's perceptions of partnership, sexuality, pregnancy and birth are affected by their personal experiences and by the culture they live in. The same factors also influence the midwives' perception of these issues. It is therefore crucial for the midwives to be aware of certain areas of their work that have a sexual inclination and clarify their own eventual prejudices regarding sexuality, since these can affect their provision of holistic, individual and competent care to women and their families. This book deals with different aspects of sexuality that can have an influence on everyday midwifery work. It might also be of interest to different groups of people - midwives in clinical settings, midwifery educators,

midwifery students and also other health professionals who manage women during the reproductive period.

## **Twelve Great Spiritual Writers**

From 1950 until 2001, Lovie Beard Shelton practiced midwifery in eastern North Carolina homes, delivering some 4,000 babies to black, white, Mennonite, and hippie women; to those too poor to afford a hospital birth; and to a few rich enough to have any kind of delivery they pleased. Her life, which was about giving life, was conspicuously marked by loss, including the untimely death of her husband and the murder of her son. Lovie is a provocative chronicle of Shelton's life and work, which spanned enormous changes in midwifery and in the ways women give birth. In this artful exploration of documentary fieldwork, Lisa Yarger confronts the choices involved in producing an authentic portrait of a woman who is at once loner and self-styled folk hero. Fully embracing the difficulties of telling a true story, Yarger is able to get at the story of telling the story. As Lovie describes her calling, we meet a woman who sees herself working in partnership with God and who must wrestle with the question of what happens when a woman who has devoted her life to service, to doing God's work, ages out of usefulness. When I'm no longer a midwife, who am I? Facing retirement and a host of health issues, Lovie attempts to fit together the jagged pieces of her life as she prepares for one final home birth.

## **God's Joyful Surprise**

Soul Midwives, a movement begun by Felicity Warner, has changed the face of modern holistic and spiritual palliative care in the UK and abroad. Soul Midwives are holistic and spiritual companions to the dying. They draw on traditional skills, now largely forgotten, applying them to our modern world to ease the passage of those who are dying. Their services are used within people's own homes, in hospices and in care homes. Anyone with an open and compassionate heart and a desire to help others can train to become a Soul Midwife. This book will guide you through the core principles and techniques of this practice.

## **Sacred Pregnancy**

This book makes an important contribution to the fields of obstetrics, midwifery, childbirth education, sociology of the body, cultural studies and women's studies.

## **The Bump Book of Lists for Pregnancy and Baby**

Sacred Pregnancy was written to help the pregnant woman journey within herself to prepare for the birth of her baby.

Sacred Pregnancy is a gorgeous four-color book especially created for mothers-to-be to reflect on the many personal milestones of the full gestation period of a pregnancy.

## **The Fourth Trimester**

Mayes' Midwifery, an established key textbook for students and qualified midwives, contains essential knowledge for professional practice. For this 14th edition, each section and chapter has been fully updated and enhanced by leading authors to ensure the text complies with contemporary practice and current guidelines. Added benefits are the availability of a variety of additional online resources for each chapter, including case studies, video and website links, and a bank of multiple-choice questions to test knowledge. With a strong emphasis on normal birth, the book covers the spectrum of midwifery-related topics applied to practice, providing a foundation of knowledge, and encouraging independent thought through the use of reflective exercises in each chapter and online. The book provides midwives with material that meets individual ways of learning and supports current modes of midwifery education. Mayes' Midwifery is the text for initial preparation and for ongoing midwifery practice. New chapters on essential contemporary issues: Vulnerable women Perspectives on the future of midwifery, in a global context Evidence-based information to guide best practice Learning outcomes and Key Points in all chapters Reflective activities Now with an integrated website offering additional resources and material including: Multiple-choice questions for self-testing Case studies Reflective activities to consolidate your professional development Useful additional reading, resources and weblinks Expanded topics Downloadable materials including illustrations

## **Your Best Birth**

"This classic work on the spirituality of caring for the dying is now expanded with moving stories and lessons gleaned from the author's experience as a hospice nurse. Caregivers, friends, and family members often feel unsure of what to say or do as they care for the terminally ill. Midwife for Souls provides insight, showing how the support of one's Catholic faith and the power of prayer can guide one in ministering to a dying person. Written in a style that is poetic and beautiful, practical and credible, this book is essential reading for anyone who accompanies others to the edge of life?and helps in their birthing to eternal life"--Page 4 of cover.

## **Christianity and the Art of Wheelchair Maintenance**

What you need to know to have the best birth experience for you. Drawing upon her thirty-plus years of experience, Ina May Gaskin, the nation's leading midwife, shares the benefits and joys of natural childbirth by showing women how to trust

in the ancient wisdom of their bodies for a healthy and fulfilling birthing experience. Based on the female-centered Midwifery Model of Care, Ina May's Guide to Natural Childbirth gives expectant mothers comprehensive information on everything from the all-important mind-body connection to how to give birth without technological intervention. Filled with inspiring birth stories and practical advice, this invaluable resource includes: • Reducing the pain of labor without drugs--and the miraculous roles touch and massage play • What really happens during labor • Orgasmic birth--making birth pleasurable • Episiotomy--is it really necessary? • Common methods of inducing labor--and which to avoid at all costs • Tips for maximizing your chances of an unmedicated labor and birth • How to avoid postpartum bleeding--and depression • The risks of anesthesia and cesareans--what your doctor doesn't necessarily tell you • The best ways to work with doctors and/or birth care providers • How to create a safe, comfortable environment for birth in any setting, including a hospital • And much more Ina May's Guide to Natural Childbirth takes the fear out of childbirth by restoring women's faith in their own natural power to give birth with more ease, less pain, and less medical intervention.

## **Spiritual Midwifery**

Gives expectant parents an overview of the options available, offering up-to-the-minute advice on such matters as physical and emotional preparation, the father's role, avoiding a cesarean birth, and other information

## **The Birth Book**

As an intelligent woman, you are probably used to learning as much as you can before making major decisions. But when it comes to one of the most important decisions of your life--how you will give birth—it is hard to gather accurate, unbiased information. Surprisingly, much of the research does not support common medical opinion and practice. Birth activist Henci Goer gives clear, concise information based on the latest medical studies. The Thinking Woman's Guide to a Better Birth helps you compare and contrast your various options and shows you how to avoid unnecessary procedures, drugs, restrictions, and tests. The book covers: Cesareans Breech babies Inducing labor Electronic Fetal Monitoring Rupturing Membranes Coping with slow labor Pain medication Episiotomy Vaginal birth after a Cesarean Doula's Deciding on a doctor or midwife Choosing where to have your baby and much more . . .

## **The Thinking Woman's Guide to a Better Birth**

Winner of the 2019 American Association for the History of Nursing Lavinia L. Dock Award for Exemplary Historical Research and Writing in a Book "Catchin' babies" was merely one aspect of the broad role of African American midwives in the twentieth-century South. Yet, little has been written about the type of care they provided or how midwifery and maternity

care evolved under the increasing presence of local and federal health care structures. Using evidence from nursing, medical, and public health journals of the era; primary sources from state and county departments of health; and personal accounts from varied practitioners, *Delivered by Midwives: African American Midwifery in the Twentieth-Century South* provides a new perspective on the childbirth experience of African American women and their maternity care providers. Author Jenny M. Luke moves beyond the usual racial dichotomies to expose a more complex shift in childbirth culture, revealing the changing expectations and agency of African American women in their rejection of a two-tier maternity care system and their demands to be part of an inclusive, desegregated society. Moreover, Luke illuminates valuable aspects of a maternity care model previously discarded in the name of progress. High maternal and infant mortality rates led to the passage of the Sheppard-Towner Maternity and Infancy Protection Act in 1921. This marked the first attempt by the federal government to improve the welfare of mothers and babies. Almost a century later, concern about maternal mortality and persistent racial disparities have forced a reassessment. Elements of the long-abandoned care model are being reincorporated into modern practice, answering current health care dilemmas by heeding lessons from the past.

## **Delivered by Midwives**

Shares practical recommendations for rendering nursing a mutually beneficial experience, covering topics that range from breast pumps and sleeping arrangements to nursing multiples and returning to work.

## **The Natural Pregnancy Book, Third Edition**

In this intimate perspective on birth, renowned author and photographer Suzanne Arms conveys the inherent wisdom in this natural process, through her eloquent words and pictures. From the Trade Paperback edition.

## **Woman to Mother**

Liz Hoare's list of twelve great spiritual writers includes famous and lesser known women whose writings have touched her heart, illuminated her mind, and sharpened her spiritual vision. Liz believes they can do the same for you – which is why she has written this book. Each of these great writers – novelists, poets, preachers, philosophers and theologians – contributes something special to our understanding of the spiritual life today. With key extracts from each writer's best-loved books, and with suggestions for personal reflection or group discussion, here is an exceptionally rich resource that you will want to return to time and time again, wherever you may be on your journey. Contents 1. Kathleen Norris: *Everyday mysteries* 2. Alison Morgan: *Following Jesus* 3. Ann Lewin: *Watching for the kingfisher* 4. Sarah Clarkson: *For the love of books* 5. Annie Dillard: *The world is charged with the grandeur of God* 6. Margaret Guenther: *Spiritual midwifery* 7.

Margaret Magdalen: Avoiding mediocrity 8. Benedicta Ward: With all the saints 9. Marilynne Robinson: The givenness of things 10. Barbara Brown Taylor: Struggling with church 11. Ann Lamott: Life in forgiveness school 12. Mary Oliver: Listening convivially to the world

## **Sacred Inception**

From the #1 website and lifestyle destination for pregnant women and new moms, TheBump.com, this portable paperback offers every list, every question to ask, and tip that moms-to-be need to plan and prepare for baby's arrival. TheBump.com is the most trusted site for moms-to-be and new mothers, and now, Carley Roney and the editors of The Bump present the essential collection of checklists, timelines, and other organizational tools for the nine months before, and the weeks right after, baby's birth. The Bump Book of Baby Lists covers the practical and fun details of every month of pregnancy, including the questions to ask your doctor, what you need for the nursery, how to set up a birth plan, and more. With lines for jotting notes on the go, this portable paperback travels everywhere with the parents-to-be, making the what-to-do, how, and when of pregnancy planning much less stressful.

## **Diary of a Midwife**

What comes after reflective listening? What comes after the ministry of presence? Spiritual midwifery is a powerful framework for offering pastoral care in today's fast-paced environment. Midwifery offers ways of thinking about those who are served, the work itself, and what it means to be a clinical caregiver within the tradition of the care of souls. Spiritual midwifery has philosophical and spiritual roots that stem from the earliest seeds of Western thought, even back to Jesus and Socrates. Readers will find an inductive approach toward a conceptual model that offers insight for richer assessments and outcome-oriented goals of care. Part One sets out the metaphors of the midwife and the dialogue. Part Two unpacks the methodology behind the mechanics. Part Three looks at creative applications of midwifery, and is followed by a Symposium patterned after Plato's own Symposium. A rigorous theory remains at the centre of the work, but the tone is poetically balanced enough to invite the transformation of the spiritual caregiver. From the philosophy of Heraclitus to the theology of Kierkegaard and the spiritual direction of Guenther, *The Art of Spiritual Midwifery* brings forth a comprehensive conception of pastoral care and its delivery.

## **Spirituality and Childbirth**

A former nurse chronicles her journey into midwifery, from her dissatisfaction with formulaic delivery room procedures in the 1960s to her eventual career as a "baby catcher," and chronicles her diverse birth experiences, the women she has

encountered along the way, and role of midwifery in the United States. Reprint.

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