

FROM THE NATION'S LEADING MIDWIFE

INA MAY'S GUIDE TO CHILDBIRTH

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"My most fervent prayer for all pregnant women is that they read this book and heed its wisdom. In doing so, they will remember their women's wisdom and never forget it. Thank you, Ina May, from the bottom of my heart for writing this guide to natural childbirth. This information can change the world."

—CHRISTIANE NORTHRUP, M.D.

Author of Women's Bodies, Women's Wisdom and The Wisdom of Menopause

INA MAY GASKIN
AUTHOR OF SPIRITUAL MIDWIFERY

Ida Mays Guide To Childbirth

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