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Them (How you  
feel? How they  
feel? What is to  
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(Author) Pam

England, Rob

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the pain-coping  
mindset and skills  
needed to birth  
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normal labor, read  
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committed to  
listening to and  
elevating the  
voices of black,

indigenous, people

of color, disabled,

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professionals as a

means to help end

systemic

oppression in

maternity care.

Take the first

step... "I am so

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Within and grateful  
that I am a part of  
such a soulful,  
spirited program.

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partner, reading  
"Birthing From  
Within" is both  
really helpful and

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odd. The odd part is all of the art activities around the expression of the pregnancy experience. You don't have to be an artist to participate and there IS something relevant to art tapping into the subconscious and the nonlogical yet real feelings a

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person may feel so  
there is value in  
doing the  
exercises.

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actually used this  
method, and a  
certified "Birthing  
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trainer to birth  
both of my  
children. It really  
prepares you for  
the intensity of  
birth, and makes

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you feel like a  
warrior. That you  
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all of the birthing  
mothers before and  
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emotional, and  
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awareness needed  
to fully experience  
birth as the rite of  
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