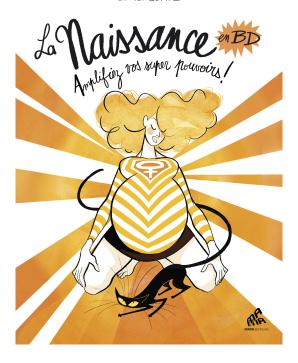


LUCILE GOMEZ



Date: 09/12/2021

Pages: 280

Format cm: 20 x 26

Prix: 27.0

EAN: 9782845942844

The Birth Told in Comic Book

Enhancing Your Superpower!

Author: Lucile Gomez Publisher : Mama Éditions

Category : Comic Books and Graphic Novels Genres : Non-Fiction - Adult Comic Books

Keywords: Delivery - Humor - Emancipation - Shamanism

- Münchausen

The second volume of *Birth*, a best-selling comic book series about giving birth, is for women to better understand their body, in order to give birth in a more natural and relaxed fashion.

Volume 2 of *Birth* presents women with the different options available and the keys to deciding what is right for them during delivery. In this in-depth and informed book, the author discusses the underlying themes:

- choosing how to give birth (possible options)
- the best ways to deal with labour, how to manage your contractions, how to enter your bubble
- the methods available, such as haptonomy, meditation, auto-hypnosis, prenatal singing...
- the different possible birth positions
- the push
- the role of those around you, in particular the future father