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The Birth Told in Comic Book

Enhancing Your Superpower!

Author: Lucile Gomez

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Category : Comic Books and Graphic Novels

Genres : Non-Fiction - Adult Comic Books

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- Münchhausen

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
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