



Choosing Waterbirth: Reclaiming the Sacred Power of Birth

Lakshmi Bertram

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A yoga instructor and mother of five shares a revelation: Childbirth doesn't have to be painful, stressful, or degrading. In this age of the epidural epidemic, when birth is treated as surgery or illness, "Choosing Waterbirth" details how to make childbirth a positive experience, both empowering and beautiful. Bertram, who chose the waterbirth method for each of her children, gently explains how this natural, harmonious, healthy, and low-pain birth method allows women to reclaim the dignity and sacredness that is the true essence of the birth experience.

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