

*Librería*  
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**Título:**

**Autor:**

**Precio:** \$279.00

**Editorial:**

**Año:** 1996

**Tema:**

**Edición:** 1ª

**Sinopsis**

**ISBN:** 9780892814718

In Gentle Birth Choices, Barbara Harper, a mid-wife, nurse, and mother, outlines the elements of gentle birthing and provides a new model of maternity care that reduces the need for high-tech crisis intervention, and focuses instead on preparation and good health for mother and child. More than 50 black-and-white photographs by Suzanne Arms capture the joy and intensity of birth.