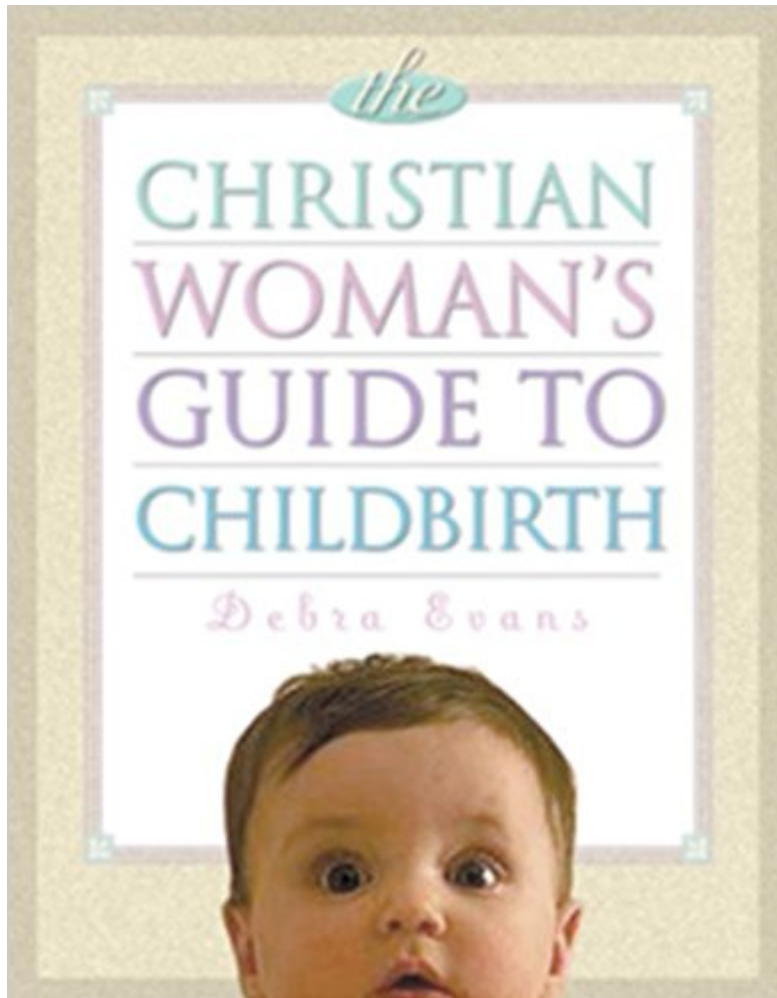




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Christian Womans GT Childbirth



Synopsis

Book by Evans, Debra

Book Information

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Customer Reviews

Book by Evans, Debra

This guide is practical, honest, informative, and spiritually encouraging-- a great combination. Chapters on Coping with Labor and Working Through Labor have been the most helpful this second time around. I was surprised by how painful birth was with my first and none of the Christian material I read gave any practical advice on how to manage it. While it deals mostly with natural birth, I don't feel like it tries to portray natural birth as the more godly or best option for every mom. Her nutrition advice is a little outdated (recommends limiting fats, even good fats) and was written during a time when episiotomies were more the norm (I keep reading that episiotomies are rarely necessary and do more damage than good in most cases). Also the breathing techniques she recommends are a little confusing for someone who learns better by being shown something than reading about it. I think I personally would benefit more from a class to help with that aspect. It would be great if they published a newer edition. Take note that she is against yoga, primarily because she had a history with Hinduism and the New Age movement before coming to the Lord. My chiro recommended yoga poses especially for me to maintain strength without force, and I have since learned about many of the physical and emotional benefits of yoga as an exercise. So, as a

Christian believer I feel comfortable doing yoga from a health stance and feel that I have the freedom to do that-- I am thankful for it, really. But I understand where she is coming from and don't hold it against her. I recommend this as a great source with a Christian perspective, but don't neglect reading other information and talking to your health care provider.

My wife learnt so much from this book that when she had our first child, she was able to deliver so quickly for a first time mother and the things she has learnt from the book, she has taught others who also testified to the success they had. We lost our copy and hence this new one.

Lots of thought provoking information very informative. Book helped me overcome fear and we had an amazing birth experience. Thank you Lord Jesus!

If you are a CHRISTIAN person looking for support and advice during pregnancy and/or delivery I would recommend "Supernatural Childbirth" over this book anyday. The info in this book is outdated and it's half secular/half Christian. Being a Christian I prefer something all Christian/no secular. Worth the read if it's just given to you.

The Christian Woman's Guide to Childbirth is a great resource for scriptures regarding pregnancy, birth and beyond. Mrs. Evans provides the reader with plenty of proof that God is indeed in control of the birthing process. Her descriptions of the labor process are super. She gives many insights into the physical and emotional feelings of labor and how to deal with them in a biblical manner. Her commentary on the Fall of man and pain in childbirth is wonderful. I gained much from her wisdom regarding women allowing the toils of labor to bring them closer to God and to change our views of labor from punishment to opportunity for spiritual growth. Her chapter on nutrition left much to be desired, however; as did her comments on possible complications of labor and birth. Her answer to almost any variation of normal seems to be surgical birth rather than working hard at solving the problem. Her list of women at risk for complications and c-section is too inclusive as almost every woman could manage to fit into it. Over all the book is a wealth of scripture and hope. I would use it in my classes to share Christ centered birth with my students.

My husband and I are expecting our 3rd baby in November, and have read just about every pregnancy book on the market. This is our favorite for several reasons. First, it emphasises the spiritual aspect of birth. For a woman to partner with God for that one little creation moment is so

spectacular, yet we tend to think of it as more of a medical condition. Having myself refocused on that created such a fantastic birth for my son. My husband liked this book the best because it gave such specific ways for the husband to help, rather than just saying "be supportive". He liked the way the book said "If this doesn't work, try this, etc. If nothing works, sit down next to her and pray for her." It made him feel much less helpless when I was uncomfortable. This was hands down the most practical, easy to use book I have read on Labor. It will go to the hospital with me in November for the 3rd time!

This is a great book!! I had it for my second pregnancy and regretted not having it for my first. Has lots of great scripture to memorize and meditate on and offers good child birth/labor/delivery information. Gives an overview of different options and takes your pregnancy from start to finish. I felt like it helped me tremendously and will read it again with my next pregnancy.

This book is a wonderful book for parents, doulas, or anyone wanting to get a better understanding on the miracle of birth. I am training to be a childbirth assistant, and this book is a great encouragement and blessing! It is stuffed with Scripture references, analogies, and insights. It is understandable, but very in depth. It even includes a chapter on breastfeeding, which is quite thorough. Also, it includes a wonderful chapter on relationships and conflicts. Excellent!

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