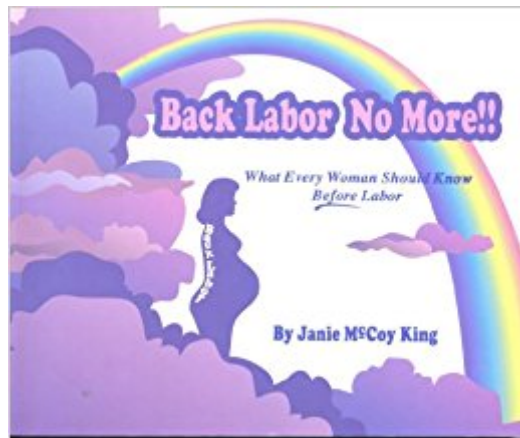




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# Back Labor No More!!: What Every Woman Should Know Before Labor



## Synopsis

What Every Woman Should Know Before Labor for Back Labor No More!!:

## Book Information

Paperback: 126 pages

Publisher: Plenary Systems; 1st edition (June 1994)

Language: English

ISBN-10: 092621800X

ISBN-13: 978-0926218000

Product Dimensions: 0.5 x 9 x 7.2 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.5 out of 5 stars 30 customer reviews

Best Sellers Rank: #700,154 in Books (See Top 100 in Books) #83 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Backache #1260 in Books > Textbooks > Medicine & Health Sciences > Medicine > General #52697 in Books > Medical Books

## Customer Reviews

What Every Woman Should Know Before Labor for Back Labor No More!!:

I have birthed 6 children at home. 5 deliveries had back labor. I was expecting #6 and desperate to avoid another back labor birth. I did everything I knew of. (Chiropractor, homeopathy, exercises, Scripture etc.....) I finally found this book on the web, and ordered it. (One copy from and another straight from the Author.) Janie (the Author) must have heard my fears and called me personally and encouraged me with story after story of impossible births being delivered with ease using her methods. I read her (very) simple book and when the time came, I delivered my 6th child in approx. 90 min. This was truly the shortest birth I've had. (I've had very long and painful ones). If I relaxed on the belly lifts (read the book), I was in extreme agony, but the pain instantly stopped when I continued using her method. My only regret: I truly wished I had this knowledge from the beginning. My recovery was significantly faster and I wasn't in back pain for months after. I have tried to share this book or give it away to help others. If you haven't had back labor before, you don't see the need. My Sister in law started labor (her 4th child, 1st at home) and found she was having the same troubles. I taught her the simple method (with her husband's help) and her baby was born in less than an hour. Her easiest birth ever! However her midwives were believing she'd have a rough delivery and have to go to the hospital again. They were so shocked when she delivered her son at

home before they could get there!!If you think you might ever experience back labor, please get the book and avoid the suffering you DON'T have to put up with!!!!!!Janie King's passion is to teach other women how to avoid the needless pain, and avoid the drugs and surgery (and expenses) of other options, I thank God for her book every time I think of delivery!

If this book had been written before my daughter was born she wouldn't be an only child, but my 43 hours of back labor convinced my husband that one baby was enough. If we had known the simple techniques presented in this book her birth would have been at least a day and a half sooner. I first heard about it from Tony Crisp's website. He assisted in a home birth, even though he had no previous birthing experience and the woman was able to deliver in a very short time even though she had had problems with her first birthing experience. Now my daughter is having a baby and we do have the book and we're making sure that her nurses and doctor know all about the way to turn the baby so that unlike his mother, my soon-to-be grandson can find the exit a little more quickly. This book is a must-read for anyone having babies, or birthing babies.

I am a HypnoBirthing Childbirth Educator. Here is very useful info that I can share with couples in my classes to aid their births..Quick easy to read. Very clear. Great metaphors to explain birth.

I am so glad that I ordered this book before I had my baby. So easy to understand and use the techniques. I had a really short labor, but when the back labor began, I tried the belly lift technique just to try to get some relief. I should have heeded the author's advice(be where you want to have your baby when you do this!) as I had my baby in less than 20 minutes afterward!!!! I believe if more women had this information the hours of labor would be way shorter. I am so thankful for this book. I guess that I was empowered by it and I really enjoyed the fact that it helped me redirect my daughter from my tailbone to the birth canal and that damn back labor was over!!! lol! Really, if you are thinking about buying it, you will enjoy it and you can meet your sweet little one faster with less of that back labor pain!!! Thank you again for this book. They are also fast with the shipping.Back Labor No More!!: What Every Woman Should Know Before Labor

An easy read, quick and informative. I think it helped cause my labor was super fast and I had very little back pain. I'd recommend it. It's good to have many tools going into labor and this seemed to be effective and quite useful.

This technique helped me get through my 2 labour. But my baby came so quick that the doctor didn't even get to the hospital on time! So wait until you are at the hospital to use it!

I feel like this method really helped shorten my labor. My first labor was 21 hours. After reading this book (a short read by the way), my labor was 9 hours from start to finish.

This book has easy to understand information that will make a world of difference for anyone trying to avoid the pain of back labor. If you've had back labor before and want your birth to go differently this time, or if you think you \*might\* have back pain with the birth, READ THIS BOOK! You will learn valuable techniques that you can actively use during your birthing time.

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