



## Men, Love Birth: The book about being present at birth that your pregnant lover wants you to read (Paperback)

By Mark Harris

Pinter Martin Ltd., United Kingdom, 2015. Paperback. Condition: New. Language: English . Brand New Book. There s a wealth of information out there for expectant mums on pregnancy and birth, but so often the dad is left out of the conversation. Male midwife Mark Harris seeks to redress the balance with this new book, drawing on his decades of experience with couples as they make the transition to being new parents. Covering topics from massage to sex, and pain relief during labour to breastfeeding, this is a lively, honest and frank discussion of pregnancy and birth from a man s point of view. Mark explores how to harness the power of birthing hormones, how to remain calm and aware in the birthing room, how to communicate effectively, and ultimately how to live the process of becoming a father to the full.

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