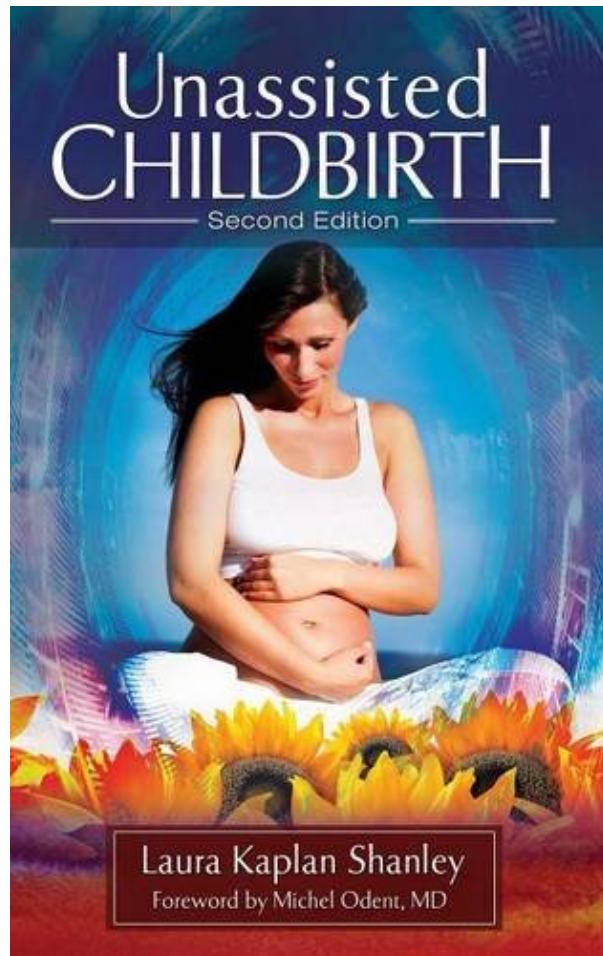


# UNASSISTED CHILDBIRTH, 2ND EDITION BY LAURA KAPLAN SHANLEY

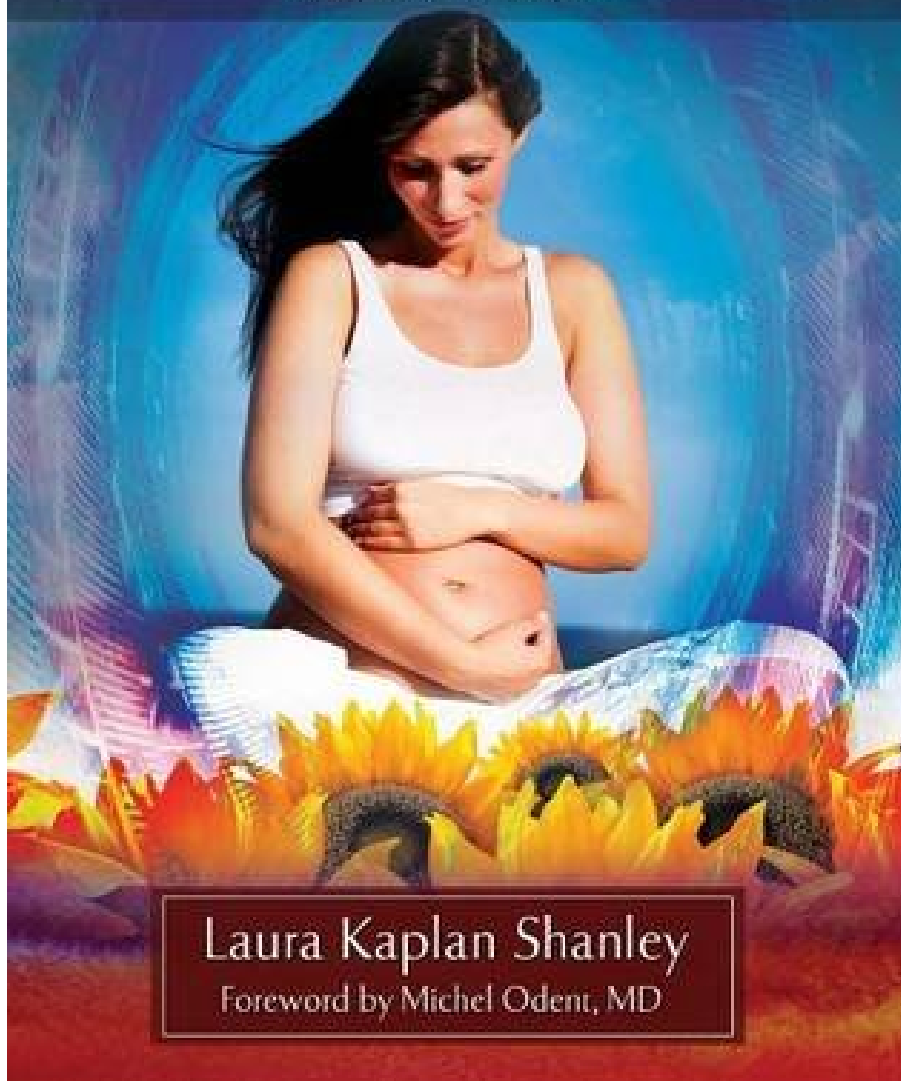


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# Unassisted CHILDBIRTH

Second Edition



Laura Kaplan Shanley  
Foreword by Michel Odent, MD

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## Review

"Unassisted Childbirth is more than a practical guide. It is an inspiration for every parent regardless of whether they plan to give birth at home, childbearing center, or in the hospital. It inspires confidence and creates the positive attitude toward birth that reduces the fear and pain of labor."-Carl Jones, C.C.E. author of Mind Over Labor and The Expectant Parent's Guide to Preventing a Cesarean Section

## About the Author

Laura Kaplan Shanley is an author, freelance writer, speaker, and childbirth consultant widely recognized as one of the leading voices in the natural-birth movement.

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This book reveals how giving birth is an inherently safe, relatively painless process that is best performed without the assistance of doctors or midwives, and how confidence and a positive attitude reduces fear and therefore the pain of labor.

- A bibliography of unassisted childbirth resources
- Sales Rank: #1466812 in Books
- Published on: 2012-02-22
- Original language: English
- Number of items: 1
- Dimensions: 9.30" h x .90" w x 6.10" l, .97 pounds
- Binding: Hardcover
- 164 pages

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## Most helpful customer reviews

37 of 39 people found the following review helpful.

Worth the read

By Mary Siever

I first read Unassisted Childbirth before my first was born. I had already decided we were going to UC, but I wasn't totally committed. Although I don't agree with all of Laura's spiritual/religious beliefs, they did not detract (for me) from the ultimate message of the book, which is that UC is a viable choice and the key is trusting yourself and God. She does not denigrate those who don't choose UC, but shows that it is a respectful decision for those who so decide. We have had two beautiful, planned, unassisted births and look forward to many more. This book was the clincher for me. It brought me to the ultimate peace and tranquility I needed to proceed with our decision. I have never turned back and I thank Laura for sharing her journey and stories and thoughts with us. She has brought unassisted birth to the forefront of birthing choices and I

believe the world is better for it.

110 of 128 people found the following review helpful.

I really wanted to like this book. Really.

By Lydia Musher

There are several things you need to know if you're considering buying this book:

1. Ms. Shanley has become an unofficial spokesperson for Unassisted Childbirth (UC is homebirth without midwifery care). So if you're considering one, it is worth reading the book despite the points I'm about to make.
2. As a previous poster indicated, Ms. Shanley's book is not a handbook. It is more of an argument for UC, a nice collection of data and quotations to support UC, a recounting of her experiences in life leading up to and including her five UCs, and a recounting of other people's wonderful UC stories. This part is good and I wish the book had stopped here. But of course, she couldn't leave well enough alone.
3. The remainder of the book, about half of the book presents Ms. Shanley's cognitive view of the world: that you can control your body with your mind. For example, she practices (or practiced) "mental birth control," which I can only assume is the practice of willing oneself not to become pregnant. It's not her ideas that I find objectionable: it's the rationale she uses.

Most of her ideas come from a life philosophy she and her husband formulated. Many, many pages are devoted to recounting the philosophy of a series of books entitled Seth Speaks (and related titles) by Jane Roberts. Seth is Ms. Robert's alter ego in the multiple-personality-disorder sense. Ms. Roberts devoted five books to Seth's outpourings of philosophy.

The fact that Ms. Shanley's life philosophy derives largely from the ramblings of a multiple personality who does not use the word "but" - combined with the fact that her husband "willed himself" to lactate - gives the book a decidedly looney feel. If you can get past the feeling of, "Wow, this woman is certifiably nuts," the book may be very inspiring to you. If not, I'd say skip the life-philosophy chapters.

I recommend Ina May's Guide to Childbirth by Ina May Gaskin as an alternative from a woman who is equally positive about women's bodies but sounds a little more sane.

27 of 29 people found the following review helpful.

Save some money, buy the book from Laura herself...

By A Customer

Ladies, ignore the inflated prices on the used and "collectible" copies, and buy it directly from the author on her website for \$19.95 ([...] She'll even sign it for you; she did mine...

Thanks again Laura....just had my second Unassisted Birth 9 weeks ago!

Cherry

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