

"Better Birth is a treasure—full of exactly the information every woman needs to conceive and nurture a baby through a joyous and meaningful birth."

—Christiane Northrup, M.D., author of Mother-Daughter Wisdom, The Wisdom of Menopause, and Women's Bodies, Women's Wisdom

Better Birth

The Ultimate
Guide to
Childbirth from
Home Births
to Hospitals

Denise Spatafora

Creator of the BornClear method



Better Birth The Ultimate Guide To Childbirth From Home Births To Hospitals

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