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Mothering Magazine's Having a Baby, Naturally: The Mothering Magazine Guide to Pregnancy and Childbirth

Peggy O'Mara

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For more than twenty-five years, *Mothering* magazine has captured an audience of educated women who appreciate its "we'll inform, you choose" approach to parenting. *Having a Baby, Naturally* reflects this spirit with straightforward, uncensored information about pregnancy and childbirth, addressing common concerns and questions in a compassionate, nonjudgmental style.

Finally, a book for the thinking woman who believes in her own inherent capacity to make smart, informed decisions about her pregnancy and birth, just as she makes in other areas of her life. *Having a Baby, Naturally* is a celebration of childbirth and an accurate and objective guide to helping women fortify their spirits, develop trust in their bodies, and make the best possible choices to protect their new baby's health.

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