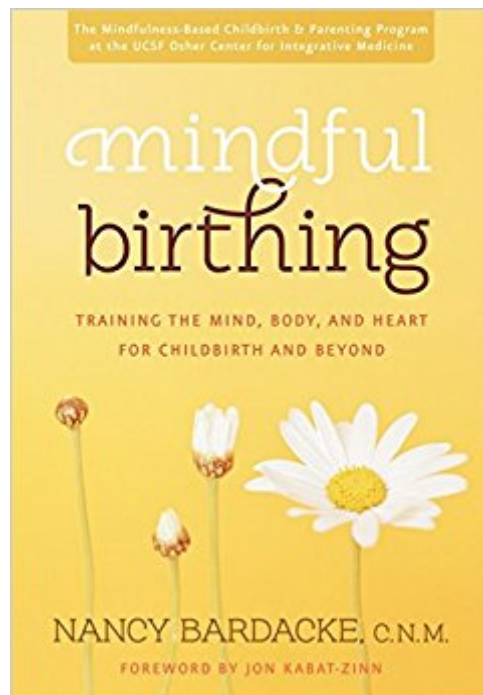




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# Mindful Birthing: Training The Mind, Body, And Heart For Childbirth And Beyond



## Synopsis

With *Mindful Birthing*, Nancy Bardacke, nurse-midwife and mindfulness teacher, lays out her innovative program for pregnancy, childbirth, and beyond. Drawing on groundbreaking research in neuroscience, mindfulness meditation, and mind/body medicine, Bardacke offers practices that will help you find calm and ease during this life-changing time, providing lifelong skills for healthy living and wise parenting. **SOME OF THE BENEFITS OF MINDFUL BIRTHING:** Increases confidence and decreases fear of childbirth Taps into deep inner resources for working with pain Improves couple communication, connection, and cooperation Provides stress-reducing skills for greater joy and wellbeing  
American College of Nurse-Midwives' Best Book of the Year Award: 2014  
National Parenting Publications Award: 2013  
Mom's Choice Award: 2013  
Greater Good Science Center's Top Ten Books: 2012

## Book Information

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## Customer Reviews

“Bringing mindfulness to the birthing process has everything to recommend it: it can reduce fear and stress and make the experience more rewarding for all involved. All that’s required is to practice the techniques that Nancy Bardacke explains so clearly in this book. (Andrew Weil, MD, New York Times bestselling author)”  
“Combining ancient wisdom and modern evidence-based science, the practices in this book will change your life. A must-buy for expectant parents, for midwives and other professionals involved in birthing, and also for any of us who want a glimpse of what great mindfulness teaching can offer us.” (Mark Williams, bestselling author)

of The Mindful Way Through Depression) “Mindful Birthing is a unique, positive and welcome contribution to the world of birthing. I highly recommend this book to all pregnant women.” (Patricia A. Robertson MD, Professor and Attending Obstetrician, University of California, San Francisco) “As a mother to be, I learned to mindfully embrace the uncertainties of birth and parenting through Nancy’s teachings. As an obstetrician, I felt inspired to integrate these methods into my practice. This is at the top of my recommended reading list for all of my patients.” (Sarah Wilson MD, University of California, San Francisco) “Until Mindful Birthing, good techniques for helping you experience the unpredictable changes of pregnancy and birth with resilience have not been available. Using the mindfulness techniques in this book, the process of pregnancy, birth, and parenting is transformed from a series of stressful changes to a joyful journey.” - (Tekoa L. King CNM, MPH Deputy Editor Journal of Midwifery & Women’s Health) “Mindful Birthing develops a unique blend of meditation, yoga and scientific information into a user friendly approach to maternity care and life changes after childbirth. It is a practical way to approach the many potential technologic intrusions that are so much a part of modern day obstetrics.” - (Douglas W. Laube, MD, Past President of the American College of Obstetricians and Gynecologists) “In Mindful Birthing, science, story, and skill-building are woven together seamlessly engaging the reader to pay attention to the breath and stay in the moment, fully experiencing happiness and joy as well as fear and pain. Expectant mothers and their partners can just be. What a gift!” (Sharon S. Rising, midwife and CEO of the Centering Healthcare Institute) “This book gives parents and parents to be the tools they need to meet their experience with honesty, compassion, and kindness. A truly valuable resource.” (Sharon Salzberg, author of Real Happiness) “Mindful Birthing is a lovely book. It makes you think and it makes you cry. Give it to any one you know about to give birth. It will change the parents’ life--and the life of their child.” (Barry Boyce, editor-in-chief, Mindful.org) “Mindful Birthing recognizes that no factor is more significant for our national health than how our children are born and raised. Nancy Bardacke offers a vision for how everyone involved in birth and parenting can act with utmost care. Let’s make this required reading in medical education. (Congressman Tim Ryan)

Nancy Bardacke, RN, CNM, MA, is the founding director of the Mindfulness-Based Childbirth and Parenting (MBCP) program, which she currently leads at the UCSF Osher Center for Integrative Medicine. She is also an assistant clinical professor in the UCSF School of Nursing.

I only made it half way through this book and my son came early and even having only read half the book, I honestly don't think there is enough space for me to praise "Mindful Birthing" on here. I can't say thank you enough! When it came to having a natural child birth I can say the two biggest factors that kept me going were having a doula and reading this book. EVERYTHING Nancy says is dead on. I was just expecting to be in pain, I didn't know that the times between contractions are actually pleasurable because of oxytocin and that fearing the pain of the next contraction or getting caught up on the pain of the last one causes our body to produce adrenaline and that blocks oxytocin slowing down labor and making it more painful. In the 2nd part of labor I was actually falling in and out of sleep. There was a woman across the hall screaming her head off and I listened as the nurses mentioned all the pain meds they gave her and I had people in shock with how calm I was with no meds. My boyfriend couldn't believe how calm I was. I'm the kind of person who couldn't handle pain before I was afraid of it. I cried over a stubbed toe. I am no longer afraid of physical pain. I had my birth at the hospital with a midwife, we actually brought a birthing tub and had high hopes of our son being born in the water but they took me out of the water to take my vitals and he was born 15 minutes later in the bed. The pain management exercises using ice are GENIUS! I found myself using the body scan very often. I was able to successfully investigate a slight pain in my right foot during several contractions and focus on the parts of my body that didn't hurt and felt just fine. Every birth is different but in my experience I agree with Nancy, the first time I "couldn't take it anymore" I got in the hot water and it just REALLY helped me out. The 2nd time I couldn't take it anymore I was 10 contractions away from giving birth. I actually begged for pain meds around 10 centimeters and the nurse laughed and said "sweetie it's too late for that, you are 10 centimeters dilated you needed to ask for that 2 centimeters ago" I couldn't believe it. Avoiding looking at the clock REALLY helped. I didn't want to hear how far apart my contractions were and didn't want to hear anyone in the room talk about any plans or anything to do with clock time, that sounds crazy but it helped a lot just to keep me present. Ironically my son was on the same page because up until the last contraction my contractions were never the same time apart. I think the last two were like 10, 3, 5. So YES I was in labor for 12 hours and YES it hurt! But it was doable! And with that pain comes an amazing power that follows after. The rewards are endless. Thanks to this book and the support of my doula, my boyfriend, mom and amazing friends. Again, I know every birth is different but in all honesty this book had me practicing techniques that made it possible. The two most difficult parts for me were when I felt my sons head pass through my pelvis, The pelvis actually cracks open, and the sensation is intense, but by the time you have time to judge it it's over, it's very fast. The other part is the burning "ring of fire" at the very end. But at that time I was 3 pushes away

from my son being delivered. Thank you Nancy THANK YOU THANK YOU!!!!!!!!!!!!!!

This book really helped me get my mind where it needed to be for my childbirth. It helped remind me to breath and make big decisions when the time came.

If you are considering natural childbirth, this is the only book you need. I can't recommend it highly enough, as I used these strategies to go through a med-free labor. This is a great book for birthing moms to work through with their partners as well as the book has exercises for both. She is an awesome and thoughtful writer, and you won't regret the time or the money you spend on this book!

I had a baby 8 month's ago and read this book last year in preparation for my planned homebirth. I read a number of books about birth, home birth, babies, etc (Ina Mae's Guide to Childbirth, Natural Pregnancy by Aviva Romm, and several others). I found this book to be very balanced, informative and useful when the time came to have my baby. I thought it was great for preparation for any kind of birth (hospital, birth center or home) and felt that Nancy was a true friend writing to me. I also used her Meditation CD's and highly recommend them! Thank you for this wonderful resource for expectant mother's!p.s. I actually read this on my kindle and would recommend getting the print book. She has lots of instructions in the book and I found myself wanting to flip back through the pages or reference one page many times - I think I would have liked it a lot better in print. :)

Awesome awesome awesome! I recommend this book to anyone, and I do mean ANYONE! I curse the title of this book because I think everyone can benefit from the techniques for everyday living and life itself. This book was the best investment I made in preparing for natural childbirth and for becoming a better parent and a better person. I would recommend this book for anyone looking for ways to cope with any sort of pain management or dealing with anxiety. Great book, thanks a million!

Great book

how to make a baby

Informative

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