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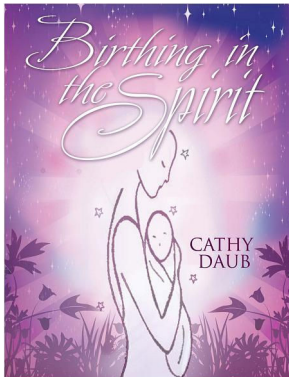
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FOR IMMEDIATE RELEASE

## **NEW BOOK “*BIRTHING IN THE SPIRIT*” EXPLORES HOW VALUES BASED BIRTHING DECREASES FEAR OF BIRTH**

### **Birth Educator and Doula, Helps Bring Birthing Parents Closer To The Spirit, Empowering Them For Birth**

Medford, NJ – May 21, 2007 -- Birth is mostly an experience of the spirit as a new soul is entering the world. The nature of spirit is expansion and opening which is what a woman must do to give birth. The nature of fear is constriction which interferes with the production of hormones that are needed to give birth. Many books have been written about the mind and body aspects of birth, but few have addressed the spiritual aspects. *Birthing in the Spirit* explores the spirit through the values of truth, right action, peace, love, and nonviolence, showing how their practice can completely change the way in which women are giving birth today. Cathy Daub adds, “Truth is described as the instinctive knowledge born within every woman that already knows how to give birth, meaning that women do not need to be taught how to give birth, but rather to have more trust and faith in their bodies. This leads to right action, the feeling of peace, the flow of love, and nonviolence - a gentle birth experience of love.”



Says Michel Odent MD, “Any in depth exploration of human nature is bound to address the issue of transcendental mysteries. This is why – compared with other books on childbirth- *Birthing in the Spirit* is a milestone towards a better understanding of human nature.”

The economic, financial, and psychological impact on society in helping women to birth with less fear and fewer medical interventions, is profound. Reading about the spirit cannot but help readers to feel its transforming effects, empowering women to be less afraid of birth. The book also raises questions about interventions in birth that change the times babies are born, and what significance that might have in terms of their destiny. The book will be available in July, 2007 from the Birth Works® Press, through the store on the Birth Works® International website [www.birthworks.org](http://www.birthworks.org).

**About the Author:** Cathy Daub BS, PT, CCE and CD(BWI and DONA), MAM, is the founder, designer, and president of Birth Works® International. Her new book *Birthing in the Spirit* will be released concurrent with the conference July 6-8, 2007 also entitled *Birthing in the Spirit*.

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