



# Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond

By Nancy Bardacke

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## **Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond** By Nancy Bardacke

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

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### Editorial Review

#### Review

“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)

#### About the Author

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.

#### Users Review

##### From reader reviews:

##### Ida Johnson:

Why don't make it to become your habit? Right now, try to prepare your time to do the important behave, like looking for your favorite e-book and reading a e-book. Beside you can solve your condition; you can add your knowledge by the e-book entitled Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond. Try to make the book Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond as your close friend. It means that it can to get your friend when you feel alone and beside that course make you smarter than ever before. Yeah, it is very fortunated in your case. The book makes you a lot more confidence because you can know every thing by the book. So , let me make new experience as well as knowledge with this book.

##### Robert Ford:

Reading a book tends to be new life style within this era globalization. With looking at you can get a lot of information that may give you benefit in your life. Along with book everyone in this world could share their idea. Ebooks can also inspire a lot of people. Many author can inspire their reader with their story or their experience. Not only the storyline that share in the guides. But also they write about advantage about something that you need case in point. How to get the good score toefl, or how to teach your kids, there are many kinds of book that you can get now. The authors nowadays always try to improve their ability in writing, they also doing some analysis before they write for their book. One of them is this Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond.

##### Carolyn Cook:

Spent a free time to be fun activity to try and do! A lot of people spent their spare time with their family, or their friends. Usually they performing activity like watching television, about to beach, or picnic inside the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Might be reading a book may be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to test look for book, may be the publication untitled Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond can be fine book to read. May be it could be best activity to you.

**Gaye Lewis:**

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