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Lire des ebooks Le guide de la naissance naturelle Ina May Gaskin PDF, ePub, mobi, À partir de récits de naissance qui transmettent un sentiment de joie et de confiance, et forte de quarante années d'expérience, Ina May Gaskin examine les pratiques d'obstétrique proposées aux femmes, pour les aider à choisir celles qui sont réellement à leur avantage. Cette bible de l'accouchement nous fait redécouvrir une sagesse oubliée : l'ouverture du corps est liée à l'ouverture de l'âme, ce qui donne à l'enfantement sa pleine dimension spirituelle. Enfin, secret bien gardé, l'accouchement est un acte de la vie sexuelle et certaines femmes le vivent comme une expérience orgasmique ou extatique. Un livre sans tabou, indispensable pour les futures mères comme pour les professionnels de santé, enrichi d'un annuaire international d'adresses utiles, le *MamaScope*.

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