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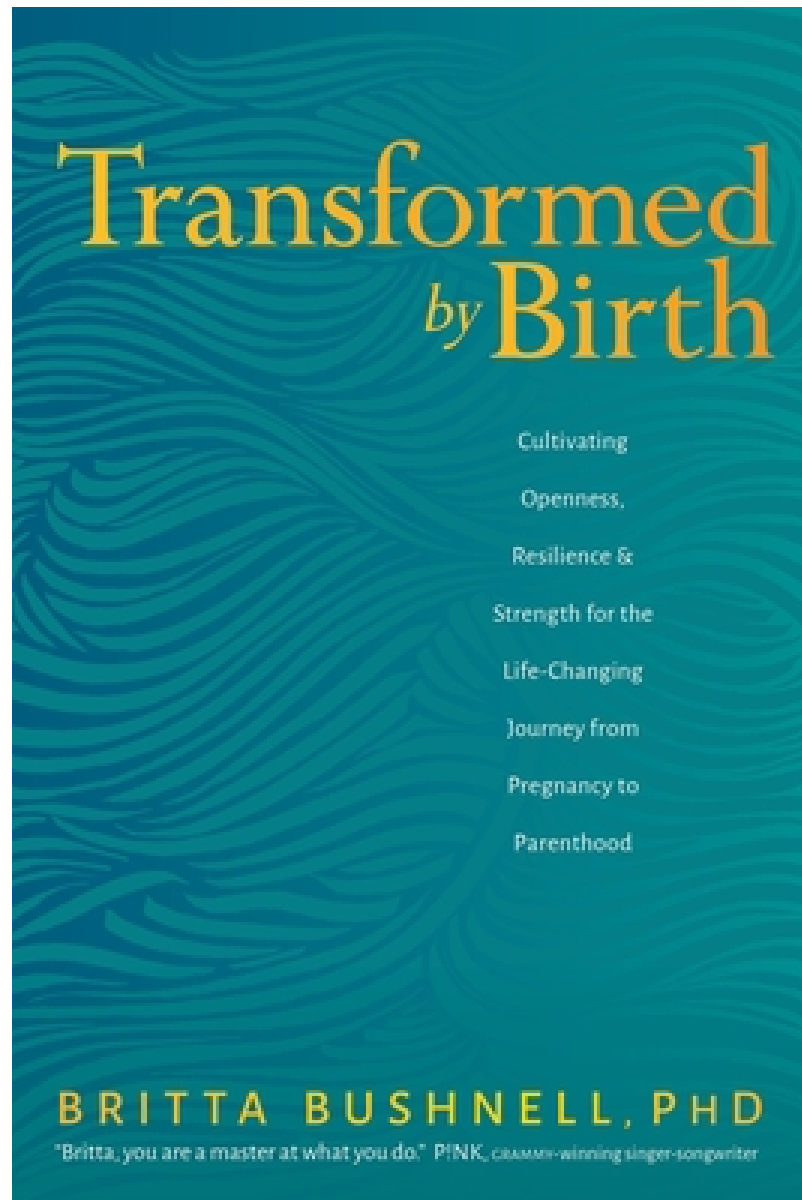
Transformed *by* Birth

Cultivating
Openness,
Resilience &
Strength for the
Life-Changing
Journey from
Pregnancy to
Parenthood

BRITTA BUSHNELL, PHD

"Britta, you are a master at what you do." P!NK, GRAMMY-winning singer-songwriter

**Transformed by Birth: Cultivating Openness, Resilience, and Strength for the Life
Changing Journey from Pregnancy to Parenthood
by Britta Bushnell**



Synopsis:=====

As expecting parents, you're bombarded with more information and opinions than ever about the "right" approach to pregnancy and childbirth. How do you navigate this ocean of information not only to find the best practical solutions for you personally, but also to embrace this incredible opportunity for emotional and spiritual transformation that comes from bringing a child into this world? With *Transformed by Birth*, Dr. Britta Bushnell has created the transformative, intelligent, and empowering pregnancy and childbirth guide you've been waiting for. This book embraces birth as a metamorphic experience—a rite of passage in which you are initiated by opening to the unbidden, embodying your own wisdom, and gaining freedom from limiting beliefs. Our culture has inundated us with limiting ideals that prevent us from fully engaging in the journey of pregnancy and childbirth—including a need for control and certainty, vilification of pain, and

reverence for technology and intellectual

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