



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

By Nancy Bardacke

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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:

Babara Lopez:

Do you have favorite book? For those who have, what is your favorite's book? Book is very important thing for us to find out everything in the world. Each publication has different aim or maybe goal; it means that reserve has different type. Some people sense enjoy to spend their a chance to read a book. They may be reading whatever they get because their hobby is reading a book. Think about the person who don't like reading a book? Sometime, particular person feel need book if they found difficult problem or maybe exercise. Well, probably you will need this Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond.

Lawanda Beverly:

A lot of people always spent their very own free time to vacation or even go to the outside with them family members or their friend. Do you realize? Many a lot of people spent these people free time just watching TV, as well as playing video games all day long. If you want to try to find a new activity this is look different you can read any book. It is really fun in your case. If you enjoy the book that you read you can spent 24 hours a day to reading a book. The book Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond it is extremely good to read. There are a lot of people that recommended this book. They were enjoying reading this book. Should you did not have enough space to bring this book you can buy often the e-book. You can m0ore simply to read this book from your smart phone. The price is not to fund but this book provides high quality.

Joseph Benoit:

Do you one of the book lovers? If yes, do you ever feeling doubt if you find yourself in the book store? Make an effort to pick one book that you just dont know the inside because don't judge book by its handle may doesn't work at this point is difficult job because you are afraid that the inside maybe not as fantastic as in the outside seem likes. Maybe you answer could be Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond why because the wonderful cover that make you consider in regards to the content will not disappoint you actually. The inside or content is definitely fantastic as the outside or maybe cover. Your reading 6th sense will directly guide you to pick up this book.

Lillie Stein:

This Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond is great publication for you because the content that is certainly full of information for you who also always deal with world and possess to make decision every minute. This book reveal it data accurately using great arrange word or we can point out no rambling sentences inside it. So if you are read this hurriedly you can have whole information in it. Doesn't mean it only will give you straight forward sentences but challenging core information with beautiful delivering sentences. Having Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond in your hand like getting the world in your arm, data in it is not ridiculous just one. We can say that no e-book that offer you world with ten or fifteen moment right but this reserve already do that. So , this really is good reading book. Heya Mr. and Mrs. stressful do you still doubt that will?

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