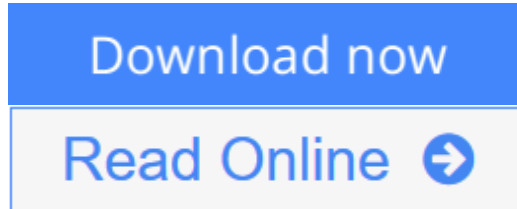


The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean Birth

By Maureen Connolly, Dana Sullivan



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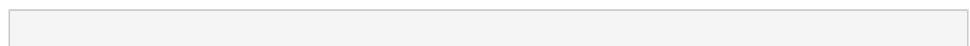
Childbirth is a life-altering experience for any woman, but a Cesarean delivery can be overwhelming, whether it's unexpected or planned. Despite the fact that roughly one in four babies in the United States is delivered by c-section, very little information about the experience is included in typical pregnancy books and physicians and childbirth educators often gloss over the details.

The Essential C-Section Guide is written not only for women to read in preparation for a scheduled c-section and for those considered “high risk” who know that a c-section may become necessary but also for women recovering from an unexpected surgical delivery. This book provides answers to important questions about what the surgery entails, what a woman can expect as she recovers, and what considerations should be made for future pregnancies and deliveries.

With frank discussions about the physical and emotional aspects surrounding a c-section, the authors share comforting wisdom about early bonding, pain control, breastfeeding, infant care, healing from surgery, postpartum exercise, partner involvement, and much more, in detail not available anywhere else.

Written by authors who have firsthand knowledge of birth by c-section, *The Essential C-Section Guide* is well-researched and addresses its unique concerns with intelligence and compassion.

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Editorial Review

Review

“If you are a patient who has had or is about to have a Cesarean delivery, this comprehensive book will explain it all for you in a clear, concise, and accurate manner.” —William Camann, M.D., director of obstetric anesthesia at Brigham and Women’s Hospital and professor of anesthesia at Harvard Medical School

"A most excellent, comprehensive source for just about any aspect of anticipating or recovering from Cesarean birth. It’s almost as good as having an experienced girlfriend in the hospital bed next to you. Take all the hospital days your insurance will give you, rest, nurse your baby and read this book.” —Peg Moline, *Fit Pregnancy*

From the Inside Flap

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About the Author

MAUREEN CONNOLLY has served on the staffs of *Parenting*, *Family Circle*, *Self*, and *Woman’s Day* and was a contributing writer/editor for venues such as *The New York Times Women's Magazines*, *babycenter.com*, and *YourBabyToday.com*. Her articles have appeared in *Redbook*, *Parenting*, *Parents*, *Health*, and *Family Circle*. **DANA SULLIVAN** is a contributing editor at *Shape’s Fit Pregnancy*. She served on the staff of *Parenting* and has written for numerous national magazines, including *Parents*, *Glamour*, and *Redbook*. Both authors delivered each of their two children via cesarean.

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Book is to be different for every grade. Book for children right up until adult are different content. As we know that book is very important for us. The book *The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean Birth* has been making you to know about other knowledge and of course you can take more information. It is very advantages for you. The reserve *The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean Birth* is not only giving you considerably more new information but also for being your friend when you sense bored. You can spend your personal spend time to read your e-book. Try to make relationship while using book *The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean Birth*. You never feel lose out for everything should you read some books.

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Reading can called imagination hangout, why? Because if you are reading a book particularly book entitled *The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean Birth* your head will drift away trough every dimension, wandering in each aspect that maybe unfamiliar for but surely will become your mind friends. Imaging each word written in a book then become one contact form conclusion and explanation in which maybe you never get just before. The *The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean Birth* giving you a different experience more than blown away your brain but also giving you useful information for your better life in this particular era. So now let us show you the relaxing pattern at this point is your body and mind is going to be pleased when you are finished examining it, like winning a game. Do you want to try this extraordinary paying spare

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