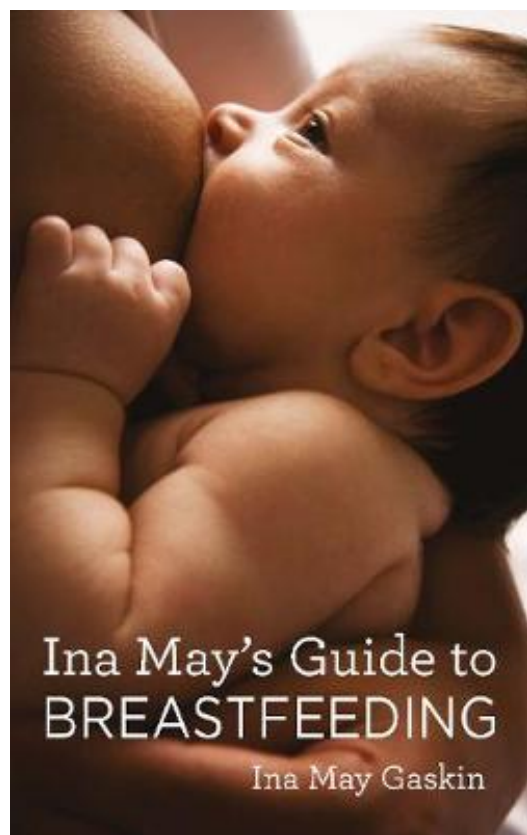


# Read Online Ina May's Guide to Breastfeeding [EPUB]



## Book info:

**Author:** *Ina May Gaskin*

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## Plot:

From leading midwife and the author of "Ina May's Guide to Childbirth" comes this deeply compassionate and comprehensive guide to making breastfeeding a joyful experience for both mother and child. Drawing on her decades of experience in caring for pregnant women, mothers, and babies, Ina May Gaskin's newest book explores the health and psychological benefits of breastfeeding. Inspiring as well as informative, "Ina May's Guide to Breastfeeding" is a powerful and practical guide filled with helpful advice, medical facts and real-life stories that will help mothers understand how and why breastfeeding works and how they can use it to more deeply connect with their children and their own bodies without fear, inhibition, or embarrassment.

## Related info:

## Review quote

"Ina May Gaskin is an international treasure. Her new guide to breastfeeding is the best thing ever written on the subject. A must-have for all pregnant women interested in the best start for their babies." --Christiane Northrup, M.D., Author of *Women's Bodies, Women's Wisdom* and *The Wisdom of Menopause* "This book is all we've come to expect of Ina May Gaskin--warm, wise, solidly based in real experiences, and sensitive to the needs and lives of women in all their complexity. It's the only breastfeeding book you'll need."--Barbara Katz Rothman and Wendy Simonds, authors of *Laboring On* "Simply put, midwife Ina May Gaskin is the most important person in maternity care in North America, bar none."--Marsden Wagner, M.D., M.S., former Director of Women's and Children's Health, World Health Organization "Breastfeeding is one of life's greatest joys. And there is no better guide to have at your side than the legendary Ina May!"--Harvey Karp, M.D., author of *The Hap*

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## About Ina May Gaskin

INA MAY GASKIN, certified professional midwife, has been a midwife for more than thirty-five years at The Farm Midwifery Center at The Farm, in Summertown, Tennessee. Nearly 100 percent of the women who have given birth and lived in the Farm community have been able to exclusively breastfeed their babies. Ina May is past president of the Midwives' Alliance of

North America. She lectures internationally, writes for national publications, and has been interviewed by a range of media on birth and breastfeeding.