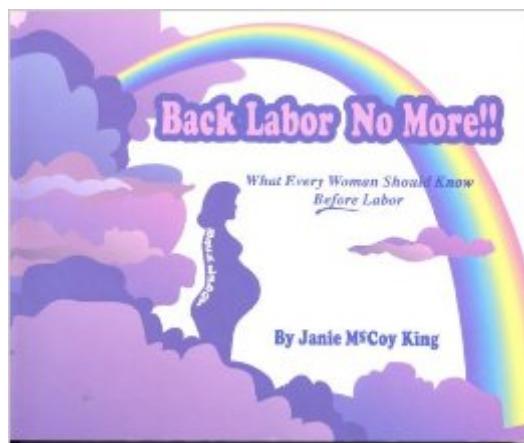


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# Back Labor No More!!: What Every Woman Should Know Before Labor



## **Synopsis**

What Every Woman Should Know Before Labor for Back Labor No More!!:

## **Book Information**

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## **Customer Reviews**

Back Labor No More is a \*must have\* book for all pregnant women! It has made a huge difference for so many of my students; shorter easier labors, turning posterior babies so easily and effectively. It also helps anterior babies to descend faster and easier, since the angle of the baby changes immediately - down and OUT! I also advise all CBE's, doulas, midwives, L&D nurses and OBs to read it and use the techniques with their patients. It can make an otherwise difficult birthing go much smoother, and definitely faster.

I highly recommend this book to any woman who has posterior babies or back labor. My first 3 babies were all posterior and my 4th was until I used this technique through 4 contractions and she turned anterior. So simple, but so helpful!

I purchased this book on the advice of a childbirth educator and was thrilled with the information. As an engineer, I didn't need the simplistic explanations of vectors, but it is fun to read and can be easily understood by anyone, no matter what their education and background. Learning the "Belly Lift" helped me get through my second experience with back labor more easily than the first time. Combining the knowledge contained in this book with the "Hypnobabies" childbirth hypnosis course allowed me to have a fast, painless, drug-free birth. I recommend this book, especially in

combination with Hypnobabies, to any woman who wants a comfortable, enjoyable birth experience! It's such an amazing gift to give yourself and your baby. If you're expecting, buy this book!

Janie King's book is a must-read for any woman who wants to avoid the discomfort of back labor and help move her birth along with very little effort. Janie's explanation of vectors just makes sense and when women use her "belly lift" technique -- well, let's just say she better be wherever it is that she plans to give birth! Yes, it's THAT effective! I'm thrilled that "Back Labor No More" is included in the Hypnobabies Hypnosis for Childbirth program. As a Hypnobabies childbirth instructor, I want to be able to share techniques with my students that will help them to have a gentler, safer, and faster birth (by using hypnosis it's already comfortable!) -- and this technique is one of the best! I highly recommend this book to all expectant moms. The "Belly Lift" ROCKS!!!

My doula loaned me this book and we used the techniques during my labor. My baby turned in three contractions and was born very shortly thereafter. Amazing! I highly recommend this book to any pregnant mom!

Regardless of whether you have experienced back labor or not, this book provides fantastic information about how contractions are working to bring your baby into this world! I found the pictures and descriptions very useful in the birth of my second child in which I had both back and abdominal labor. As I was reading the author's clear descriptions of back labor, I couldn't help but wonder for the umpteenth time why back labor is not more discussed in typical birthing classes? I was totally unprepared for the pain in my first birth. However, for my second child I felt much more empowered. After 2 hours of "active" labor and getting to 4 cm, I tried the "lifting" technique...and I had a beautiful baby girl within one hour! Of course it was my second child and she had a much smaller head than my first, but I'm willing to give this technique a good deal of the credit. I have passed along this book to my sister-in-law who is expecting soon and hope it provides her with the same encouragement and success that it did for me.

I am so glad that I ordered this book before I had my baby. So easy to understand and use the techniques. I had a really short labor, but when the back labor began, I tried the belly lift technique just to try to get some relief. I should have heeded the author's advice (be where you want to have your baby when you do this!) as I had my baby in less than 20 minutes afterward!!!! I believe if more women had this information the hours of labor would be way shorter. I am so thankful for this book. I

guess that I was empowered by it and I really enjoyed the fact that it helped me redirect my daughter from my tailbone to the birth canal and that damn back labor was over!!! lol! Really, if you are thinking about buying it, you will enjoy it and you can meet your sweet little one faster with less of that back labor pain!!! Thank you again for this book. They are also fast with the shipping. Back Labor No More!!: What Every Woman Should Know Before Labor

I have birthed 6 children at home. 5 deliveries had back labor. I was expecting #6 and desperate to avoid another back labor birth. I did everything I knew of. (Chiropractor, homeopathy, exercises, Scripture etc.....) I finally found this book on the web, and ordered it. (One copy from and another straight from the Author.) Janie (the Author) must have heard my fears and called me personally and encouraged me with story after story of impossible births being delivered with ease using her methods. I read her (very) simple book and when the time came, I delivered my 6th child in approx. 90 min. This was truly the shortest birth I've had. (I've had very long and painful ones). If I relaxed on the belly lifts (read the book), I was in extreme agony, but the pain instantly stopped when I continued using her method. My only regret: I truly wished I had this knowledge from the beginning. My recovery was significantly faster and I wasn't in back pain for months after. I have tried to share this book or give it away to help others. If you haven't had back labor before, you don't see the need. My Sister in law started labor (her 4th child, 1st at home) and found she was having the same troubles. I taught her the simple method (with her husband's help) and her baby was born in less than an hour. Her easiest birth ever! However her midwives were believing she'd have a rough delivery and have to go to the hospital again. They were so shocked when she delivered her son at home before they could get there! If you think you might ever experience back labor, please get the book and avoid the suffering you DON'T have to put up with!!!!!! Janie King's passion is to teach other women how to avoid the needless pain, and avoid the drugs and surgery (and expenses) of other options, I thank God for her book every time I think of delivery!

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