

JULIE BONAPACE



TRUSTING BIRTH

WITH THE BONAPACE METHOD

Keys to Loving your Birth Experience

Resumo de Trusting Birth with the Bonapace Method: Keys to Loving Your Birth Experience

THE BONAPACE METHOD is a couple-centered birth preparation technique that has been validated by numerous scientific studies and is based on the principles of the neurophysiology of pain. This book offers fathers-to-be the necessary support to experience this transition period together with their partners, so that they can play an active and essential role in the reduction of their partners pain.

Strategies learned during the prenatal period reinforce communication between the couple, better preparing them for the birth of the baby and the challenges to come. The techniques introduced in this book are explained in detail with a step-by step outline.

They are easy to put into practice and will support you in experiencing a gentle pregnancy and birth."

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