

Empower Yourself: Avoid the Labour Funnel and Make Your Dream Birth Fabulous

Childbirth is a powerful and transformative experience. It is also a time of great vulnerability and uncertainty. For many women, the thought of labour can be overwhelming and even terrifying. This book is here to help you change that. I will provide you with the knowledge and tools you need to have a safe, calm, and empowering birth experience.



The Badass Birth Goddess: Empower yourself, avoid the Labour Funnel, and make your dream birth a fabulous reality by Corinne Brown

★★★★☆ 4.1 out of 5

Language	: English
File size	: 1972 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 151 pages
Lending	: Enabled



Chapter 1: The Labour Funnel

The labour funnel is a model that is often used to describe the progress of labour. It is a funnel-shaped diagram that represents the cervix dilating and the baby descending through the birth canal. The labour funnel can be a helpful tool for understanding the process of labour, but it can also be misleading. Many women get discouraged when they feel like they are not

progressing as quickly as they thought they should be. It is important to remember that every woman's labour is different. There is no one right way to progress.

Chapter 2: Avoiding the Labour Funnel

There are a number of things you can do to avoid the labour funnel and have a more empowering birth experience. These include:

- Educating yourself about labour and birth
- Finding a supportive birth team
- Creating a birth plan
- Staying active and healthy during pregnancy
- Using relaxation techniques

Chapter 3: Making Your Dream Birth Fabulous

In this chapter, I will share my top tips for making your dream birth fabulous. These include:

- Visualising your perfect birth
- Affirming yourself positive birth affirmations
- Surrounding yourself with positive and supportive people
- Staying calm and relaxed during labour
- Trusting your body and your instincts

Childbirth is a rite of passage for women. It is a time of great power and transformation. With the right knowledge and support, you can have a safe,

calm, and empowering birth experience. This book will guide you through every step of the way.

Free Download your copy of Empower Yourself: Avoid the Labour Funnel and Make Your Dream Birth Fabulous today!



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