



# Rediscovering Birth

*Sheila Kitzinger*

[Download now](#)

[Read Online](#) ➔

# Rediscovering Birth

*Sheila Kitzinger*

## **Rediscovering Birth** Sheila Kitzinger

Bestselling author Sheila Kitzinger, the world's foremost birth educator and activist, explores the universal experience of pregnancy and childbirth in this splendid new book, beautifully illustrated with hundreds of photographs. With an intimate, informative style that both enlightens and engages her readers, Kitzinger looks closely at feeling and emotions in pregnancy, the physical and spiritual experience of giving birth, and the bonds that are traditionally formed between mothers and midwives. She chronicles ideas and mythologies about birth, as well as pregnancy traditions, from a magnificent array of cultures past and present -- and, with breathtaking perception and insight, explores how can we learn from them. And she focuses on the need today for vital and human connections in the birthing process, when medical procedures can overshadow the fundamental humanity of giving birth. In *Rediscovering Birth*, Sheila Kitzinger enables women and their partners to make informed choices about how they want to live through their own unique experiences of birth and parenthood.

## **Rediscovering Birth Details**

Date : Published April 3rd 2001 by Atria Books (first published October 26th 2000)

ISBN : 9780743412735

Author : Sheila Kitzinger

Format : Hardcover 256 pages

Genre : Nonfiction, Parenting

 [Download Rediscovering Birth ...pdf](#)

 [Read Online Rediscovering Birth ...pdf](#)

**Download and Read Free Online Rediscovering Birth Sheila Kitzinger**

---

## From Reader Review Rediscovering Birth for online ebook

### Jenne says

My favorite book on the history of birth hands down. Written from the lens of anthropology, the history of birth is traced from pre history to modern day. The result is to mourn the traditional wise woman knowledge that was repressed and lost, yet it ends with the hope that that missing knowledge is being excavated and reintroduced to modern consciousness.

---

### Ventia Webber says

I'd love to see an updated edition of this book as it was published in 2000, and I think (or at least I hope!) birth culture in the West has begun to change.

---

### Amie says

An excellent account of birth through the ages and across all different cultures. The photography is stunning. I found this refreshing after Tina Cassidy's "Birth" which I did not enjoy nearly as much. This book covers much of the same material but with a richer insight into the cultural issues surrounding childbirth. And of course, since it's from Sheila Kitzinger it's slanted toward the midwifery model of care. Some may be put off by her general disdain for hospital practices, but overall it's just a beautiful book celebrating the so much of the ritual and spirituality in birth that has been lost in the modern Western world.

---

### Alicia says

flash read through this book just due to repetitiveness of info i already had read about in other kitzinger books - but this book has some amazing cultural info!!! fascinating how other cultures do birth. liked that it included pics.

---

### Audrey Buchanan says

Anyone who knows me knows I love to talk about pregnancy and birth. This is one of my favorite books ever and I've reread it during each pregnancy. The photography alone is stunning. It talks about pregnancy rites and rituals in other cultures, birth rites and rituals, the history of midwifery, wet nursing, all kinds of interesting things. I have it, so if anyone wants to borrow....it just makes me feel connected to women all over the world.

---

### Laura says

It was an interesting read. It expanded my view of birth beyond my Western experience.

---

### **Madeline Stone says**

Excellent. One sided, I believe Kitzinger references the downsides of traditional birth exactly twice, but her one-sidedness is convincing. The book is well done, thorough, extremely informative. The resource to have for women who are accustomed to the industrialized approach to birth and wish to expand their horizons.

---

### **Carleen says**

Birthing as a beautiful and natural thing (always has been), not an "illness" requiring medical intervention. A wonderful book of the history of humans and birthing.

---

### **Leahjoypro says**

This book wasn't what I expected, but was very interesting. Lots of interesting information about the traditional natural "treatments" used around the world to help with pain and discomfort before, during and after labor. It reinforced what I know about how obstetrics can get in the way of a normal birth and cause unnecessary information. Beautiful photograph illustrations.

---

### **Whitney says**

I don't quite know what I think about this book. it was a really interesting look into traditional birthing practices from many different cultures, but it felt a little disjointed and referenced "research" without citing sources. I am all about natural birth, but I also want credible sources and solid evidence for the values that it brings because it will take that to change people's minds!

---

### **Christi says**

Fascinating to learn about the pregnancy/birthing practices of cultures around the world, though the author is definitely not unbiased.

---

### **Jennifer says**

A splendid book, perhaps predictably, which very much reflects Sheila Kitzinger's approach to childbirth and her compassion. Lots of images to make her points and a delicate sprinkling of personal anecdote. I don't think I'd previously realised that her own mother had been a midwife. The final chapter is especially fine, drawing together what has gone before - the grotesque limitations of the 'Western' (and increasingly global) way of medicalised birth, and more traditional and highly varied cultural approaches and whether it could ever be possible to take the best from each and bring them together.

---

---

**Theresa says**

I was grooving on this book.

---

**Talena says**

I liked this book and it made me think about other cultures and their birth rites and passages. I liked it.

---

**Aimee says**

This book is about birth across all other cultures. I am a bit of a birth junky, so I loved everything about it!

---