



Orgasmic Birth: Your Guide to a Safe, Satisfying, and Pleasurable Birth Experience

Elizabeth Davis , Debra Pascali-Bonaro

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Based on the hit documentary that inspired a vibrant online community, this innovative approach to birthing shows women how to maximize childbirth's emotional and physical rewards

With more than 4 million babies born in the United States each year, too many women experience birth as nothing more than a routine or painful event. In her much-praised film *Orgasmic Birth*, acclaimed filmmaker Debra Pascali-Bonaro showed that in fact childbirth is a natural process to be enjoyed and cherished. Now she joins forces with renowned author and activist Elizabeth Davis to offer an enlightening program to help women attain the most empowering and satisfying birth experience possible. While an orgasmic birth can, for some, induce feelings of intense, ecstatic pleasure, it is ultimately about taking control of one's own body and making the most informed decisions to have a safe, memorable, and joyful birth day.

Whether women choose to give birth at home, in a hospital, or in a birthing center, *Orgasmic Birth* provides all the necessary tools and guidance to design the birth plan that's best for them. Featuring inspiring stories from mothers and their partners and filled with practical advice and solutions, this one-of-a-kind resource is the next frontier of natural, intimate childbirth.

Orgasmic Birth: Your Guide to a Safe, Satisfying, and Pleasurable Birth Experience Details

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From Reader Review **Orgasmic Birth: Your Guide to a Safe, Satisfying, and Pleasurable Birth Experience for online ebook**

Mackenzie Fawcett says

Great book with a salacious name.

Very good at supporting mothers with various ideas/supports for natural birth. I have not seen the movie yet, but I am SIGNIFICANTLY more apt to do so now, having read this book.

Incredibly validating and supportive of ALL types of birth, from natural to planned hospital cesarean.

100% recommend.

Ashley says

Right now I'm giving it 5 stars because out of all the books on natural birth I've read, this one is the best. It has a little bit of everything, as far as natural birthing methods go- not to mention it's own very unique points. Let's see how I feel after I have this baby.

Sarah says

Books about birth are usually either a) super practical guide-type books OR b) full of interesting and inspiring birth stories. This one tries to be both and does just an ok job at each task. I really wasn't interested in a book that focused on birth as a sexual experience, and even as I read the first few chapters I thought it would be more of a general reframing of birth as a positive and pleasant experience (rather than the fear and pain-focused culture that's been created around it in the US). It started off that way, but got more into how birth could be a sensual experience as the book went on. A lot of the stories felt contorted into that framework. And if you're looking for a guide on how to achieve that kind of experience (which I wasn't) it doesn't even provide much help. It does share quite a few ideas about how to have a natural experience no matter how you deliver, even with a cesarean. Long story short, there are better guides and more enjoyable birth story books out there.

Sarah says

Yet another natural childbirth book I flipped through in preparation for my second child's birth. Also, the title made me giggle. I'm not a hardcore natural childbirth advocate, but I do think I walked into my first child's birth with not enough information about how to handle problems in labor and the natural childbirth movement is extremely pro-informed mothers, so I've found it a good place to learn more about my body in labor. Unfortunately this one's focus seemed to be more on having drug free vaginal births than creating educated mothers who are able to approach challenges in labor from an informed place and accept medical intervention when necessary. Due to previous issues in childbirth I have to be open to medical intervention and so this was clearly not the book for me but the writing seemed fine.

Jessica Smith says

I know, sounds a little racy right? I saw the movie "Orgasmic Birth" last year and the makers from the movie have now written a book on the subject. I find the topic of labor and delivery fascinating and I like to learn more about going through the process naturally. I don't think 'orgasm during birth' is going to happen to very many people, including me, but I just like reading about how to relax and let go during labor, and the benefits of doing so. I think this book can be good for anyone who has any fear towards labor/delivery, expecting or not.

When I was pregnant I read Hypnobirthing: The Mongan Method. It would make a great companion to this book. I learned a lot of things there that I'm now gleaning more insight from in this book, Orgasmic Birth.

Kelsie says

I would definitely recommend this book to any pregnant women who feel confident that there is more to birth than pain and suffering, and want to know how to get there for themselves. I love all the birth stories in this book, so wonderful to hear that many different women have all been able to have ecstatic birth experiences! I also appreciated all the practical tips, especially the mental and creative exercises.

Janie says

OB is comprised of general discussion (noteable for its resource citations) and individual birth stories (all in one similar vein).

I liked it. Great information (e.g. physical effects of fear during labor and delivery; hormones). At times an angry tone seemed at odds with the spirit of the endeavor. Loads of assertion and affirmation of womyn-strength. Particularly inclusive of single pregnant women.

Cynthia says

Yes! I have three children and I am a doula and I think this book is fantastic. I don't think I would use the word "orgasm" for the experience of giving birth, but **PROFOUND** on all levels: emotional, psychological, spiritual, relational, and, yes, physical. There is no other way to describe what it feels like when your own child, a **PERSON** created by you and the person you love (hopefully!), wiggles out of your body into the world but orgasmic in the sense of "DEEPLY SATISFYING" and "PROFOUND." For me, birth was not orgasmic in the sexual sense (though I believe it could be for some women!), but giving birth was indeed pleasurable at the same time that it was really hard. I wish more people would consider this shift in thinking. Though it is far outside of mainstream America's thinking about birth, it could make so many more women look forward to, feel empowered by, and love their birth experiences. Birth is so beautiful!

dori says

seemed feasible until the contractions hit. know some say this is possible, but i went from 0-60 - i've heard talk about how some women prepare food and such while in the beginning stages of labor, but i never had that. i literally had what felt like a little cramp and 15 minutes later was biting on icy washcloths... also, never tried again - one and happily done. she's 7 now, lol...

Mónica Martínez says

Estuve leyendo este libro mientras estaba embarazada de mi primera hija, creo que el nacimiento, y sobra decirlo, es un acontecimiento especial. Para mí, no debería vivirse en un frío hospital, con miedo y dolor insoportable que se ahoga con anestesia, sino dentro de una atmósfera mágica, despierta, más despierta que nunca a la vida que transita por el propio cuerpo. El nacimiento es continuidad de la sexualidad pero va más allá, es traer al mundo una nueva vida, que persistirá idealmente más allá de nuestra propia muerte, es trascender. El nacimiento nos pone cara a cara con nuestra abrumadora capacidad creadora, que viene del placer, de la sexualidad. Este acontecimiento marca el comienzo de algo precioso, de lo más precioso que es traer una vida humana a este mundo.

Con el nacimiento, creo que muchas cosas mueren y muchas cosas surgen al mismo tiempo. Nadie se puede preparar para algo que no conoce, es casi como acercarse un poco a la muerte misma. Para soltarse a las sensaciones más intensas, para confiar.... y finalmente resurgir, renacer, es una experiencia CUMBRE, transformadora. Como sea que se viva porque siempre ocurrirá algo inesperado.

Más que describirlo intelectualmente también es algo del cuerpo, de la misma sabiduría del cuerpo de la mujer, y una muestra intensa de cómo esta mujer vive en su propio cuerpo. Las hormonas, las ondas cerebrales, el cerebro mismo te va preparando para la experiencia, es cuestión de irse adentrando en el cuerpo. Ser cada vez más instintiva, más animal. Apagar tu neocortex, no pensar y dejar que el cerebro primitivo haga lo que sabe hacer.

Cuando se estudia también este episodio en la vida de las mujeres, desafortunadamente se puede apreciar la violencia propia del patriarcado una vez más impresa sobre el cuerpo de las mujeres. Creo que es tiempo de irnos empoderando de nuestro propio cuerpo, las herramientas están más que disponibles actualmente es tiempo de investigar y sentirnos seguras con lo que elijamos vivir, elegir pero con información.

VL says

Highly recommend this book. Insightful, informative and easy to read. You will learn a LOT from this book and feel empowered about birth. While not everyone will have an "orgasmic birth", your birth can still be exhilarating and empowering. I ended up having a wonderful experience with my first birth and this book captures everything so well. Hoping to do it again with the second child!

Ash Lanser says

I liked the book a lot. Some entries and birth testimonials were a little over the top for me, but overall I

appreciated it very much.

Bettyjo says

So I didn't finish the book. I scanned the rest. But I really have conflicted views on this topic. I have had several acquaintances need emergency care for their baby that doctors didn't foresee and I would love to have my baby in a hospital. This book doesn't seem very hospital-birth-compatible. I can see the logic with the statements about the body's physiological reactions to birth, but I don't see how in our current health care system that I can do both...

Christine Larsen says

Shoot for the stars and land amongst the clouds...one can hope and plan for an orgasm and still land at just ok and that'll be fine for me! Really laid a foundation for positive birthing mindset and gets me excited for what's to come instead of fearful. It explained the hormones and their role a gave purpose to each experience which makes it less scary and dreaded for me personally.

Erika says

Another great book, but after reading Ina May's Guide to Childbirth, I found it a little bit redundant. It was very interesting to read about the physiological side of childbirth and how sensual it CAN be, if you let yourself let go. Still definitely worth reading.
