



The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean Birth

By Maureen Connolly, Dana Sullivan

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Childbirth is a life-altering experience for any woman, but a Cesarean delivery can be overwhelming, whether it's unexpected or planned. Despite the fact that roughly one in four babies in the United States is delivered by c-section, very little information about the experience is included in typical pregnancy books and physicians and childbirth educators often gloss over the details.

The Essential C-Section Guide is written not only for women to read in preparation for a scheduled c-section and for those considered "high risk" who know that a c-section may become necessary but also for women recovering from an unexpected surgical delivery. This book provides answers to important questions about what the surgery entails, what a woman can expect as she recovers, and what considerations should be made for future pregnancies and deliveries.

With frank discussions about the physical and emotional aspects surrounding a c-section, the authors share comforting wisdom about early bonding, pain control, breastfeeding, infant care, healing from surgery, postpartum exercise, partner involvement, and much more, in detail not available anywhere else.

Written by authors who have firsthand knowledge of birth by c-section, *The Essential C-Section Guide* is well-researched and addresses its unique concerns with intelligence and compassion.

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Editorial Review

Review

"If you are a patient who has had or is about to have a Cesarean delivery, this comprehensive book will explain it all for you in a clear, concise, and accurate manner." —William Camann, M.D., director of obstetric anesthesia at Brigham and Women's Hospital and professor of anesthesia at Harvard Medical School

"A most excellent, comprehensive source for just about any aspect of anticipating or recovering from Cesarean birth. It's almost as good as having an experienced girlfriend in the hospital bed next to you. Take all the hospital days your insurance will give you, rest, nurse your baby and read this book." —Peg Moline, *Fit Pregnancy*

From the Inside Flap

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About the Author

MAUREEN CONNOLLY has served on the staffs of *Parenting*, *Family Circle*, *Self*, and *Woman's Day* and was a contributing writer/editor for venues such as *The New York Times Women's Magazines*, babycenter.com, and YourBabyToday.com. Her articles have appeared in *Redbook*, *Parenting*, *Parents*, *Health*, and *Family Circle*. **DANA SULLIVAN** is a contributing editor at *Shape's Fit Pregnancy*. She served on the staff of *Parenting* and has written for numerous national magazines, including *Parents*, *Glamour*, and *Redbook*. Both authors delivered each of their two children via cesarean.

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The book The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean Birth can give more knowledge and also the precise product information about everything you want. So just why must we leave a very important thing like a book The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean Birth? Some of you have a different opinion about book. But one aim in which book can give many data for us. It is absolutely appropriate. Right now, try to closer with the book. Knowledge or information that you take for that, you can give for each other; you can share all of these. Book The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean Birth has simple shape however, you know: it has great and large function for you. You can search the enormous world by open up and read a book. So it is very wonderful.

Margaret Hall:

This book untitled The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean Birth to be one of several books which best seller in this year, this is because when you read this publication you can get a lot of benefit onto it. You will easily to buy this book in the book retail store or you can order it through online. The publisher on this book sells the e-book too. It makes you quicker to read this book, since you can read this book in your Touch screen phone. So there is no reason for you to past this publication from your list.

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Ricardo Hayward:

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