

Natural Childbirth the Bradley Way: Revised Edition

By Susan McCutcheon


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Details an alternative to Lamaze childbirth that includes a more natural breathing method and a totally unmedicated birth that many first and second-time parents prefer.

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Editorial Review

Review

“Instead of distracting yourself from the birth process... you are fully mindful and wholly engaged during Bradley’s method of natural childbirth.”—*Natural Life magazine*

“Robert Bradley put power in patients’ hands, reducing the number of Caesarean sections and episiotomies he performed and playing up natural ways of making childbirth less painful.”—*Slate*

“The Bradley Method’s simple objective, through relaxation, breathing, and visualization, is a birth free of the interventions frequently offered to women in the different stages of childbirth: fetal monitors, drug-induced labor, anesthesia, episiotomy, and Caesarean section. [Its] other defining feature, the husband’s active participation in the delivery, is critical to this overall goal of an intervention-free birth.”—*Mothering magazine*

"I highly recommend not only the Bradley method, but specifically Susan McCutcheon's book to all my pregnant patients regardless of whether their goal is a natural childbirth. Susan does a great job putting her years of experience and research into a readable evidenced based guide to prepare women and their coaches for pregnancy, labor, and birth. I am grateful for the way this book expanded my knowledge and empowered me and my wife for our births."—**Dr. Stephen Yip, D.O.**

About the Author

Susan McCutcheon is an award-winning science educator and Certified Childbirth Educator, having studied directly under Dr. Robert Bradley in his first teacher training. She has taught thousands of couples the Bradley Method® over 50 years, and is a conference speaker and instructor at teacher training workshops across the U.S. She has served on the Hawaii State Health Plan Development Committee and the Hawaii State Regionalization of Perinatal Care Committee. She is currently teaching the Bradley Method® in Portland, Oregon, and is an active Certified Doula. She’s had three natural births herself, using what she teaches others: the incredibly effective Bradley Method® techniques!

Users Review

From reader reviews:

Robert Marques:

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