



# A Labour of Love: An Australian Guide to Natural Childbirth

*Gabrielle E Targett*

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A Labour of Love is a practical and inspirational guide to natural childbirth, as experienced from an Australian perspective. Factual information is intertwined with stories from the heart. The book is very easy to read and each chapter has something of value to offer a woman when preparing for labor and childbirth. Topics covered include maintaining a positive attitude, the importance of fitness, understanding hormones, overcoming the

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