

Table of Contents

PREGNANCY AND CHILDBIRTH	. 1
CHILDBIRTH: ONE OF LIFE'S	
GIGANTIC GATEWAYS	. 1
SOME COMMON RULES FOR	
PREPARING FOR BIRTH	. 3
NO SOCIETAL EXPECTATION	. 4
DECONFUSING A CONFUSING WORD	. 5
YOUR RESPONSIBILITY	. 8
ADDING SKILLS TO THE RULES	. 8

