

## **Table of Contents**

HARD WORK	1
A CHANGE FROM THE LAST	
FEW GENERATIONS	1
WHAT KIND OF BIRTH DO WOMEN WANT?	2
IS ONE BIRTH BETTER THAN ANOTHER?	4
CHANGE MUST HAPPEN	7
IS BIRTH SAFE OR RISKY?	8
GETTING WITH THE PROGRAM	9
TWO PEOPLE INVOLVED: YOU AND YOUR BABY	. 10
PREPARE AS IF YOU WILL DO IT ALONE	. 12
IMAGINATION AND REALITY COLLIDE	. 14
SKILLS: A CELEBRATION	. 16

