



# Orgasmic Birth: Your Guide to a Safe, Satisfying, and Pleasurable Birth Experience

*Elizabeth Davis, Debra Pascali-Bonaro*

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Based on the hit documentary that inspired a vibrant online community, this innovative approach to birthing shows women how to maximize childbirth's emotional and physical rewards

With more than 4 million babies born in the United States each year, too many women experience birth as nothing more than a routine or painful event. In her much-praised film *Orgasmic Birth*, acclaimed filmmaker Debra Pascali-Bonaro showed that in fact childbirth is a natural process to be enjoyed and cherished. Now she joins forces with renowned author and activist Elizabeth Davis to offer an enlightening program to help women attain the most empowering and satisfying birth experience possible. While an orgasmic birth can, for some, induce feelings of intense, ecstatic pleasure, it is ultimately about taking control of one's own body and making the most informed decisions to have a safe, memorable, and joyful birth day.

Whether women choose to give birth at home, in a hospital, or in a birthing center, *Orgasmic Birth* provides all the necessary tools and guidance to design the birth plan that's best for them. Featuring inspiring stories from mothers and their partners and filled with practical advice and solutions, this one-of-a-kind resource is the next frontier of natural, intimate childbirth.

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