



# Doulas: Why Every Pregnant Woman Deserves One

*Susan Ross*

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# Doulas: Why Every Pregnant Woman Deserves One

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**Doulas: Why Every Pregnant Woman Deserves One** Susan Ross

**An emotional and powerful book that discusses the positive difference a doula can make during any pregnancy**

A doula can help women achieve a birth that is exactly the way they would like—quietly and peacefully in a dimly lit room, in absolute control of the labor and birth, feeling safe and supported. Doulas are trained to look after women, both emotionally and physically, during pregnancy, labor, and birthing. They empower women to negotiate the best care for themselves and their babies. They act as an advocate, steering women and their partners through the sometimes daunting hospital system, or if they are having the baby at a birth center or at home, the doula provides support, reassurance, and encouragement. Educating expectant parents on what a doula is, why a pregnant woman needs one, and what to look out for when selecting one, this resource includes information on Australia, UK, France, and the United States.

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#### John Damm:

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