



# The ICEA Guide to Pregnancy & Birth

*International Childbirth Education Association (ICEA)*

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This book replaces the International Childbirth Education Association's *Labor & Birth: A Guide for You*—a self-published book with over 150,000 copies sold and sales of more than 12,000 copies per year in the last few years. The new book covers a wider range of topics—from pregnancy through newborn care—and provides a short, inexpensive alternative to 500-page childbirth guides.

In this new guide, the International Childbirth Education Association (ICEA) presents the best available evidence-based research on pregnancy, labor, birth, and newborn care. Its goal is to help expectant parents understand their options in maternity care and guide them as they make informed decisions that best work for them and their families. Written in accessible language and organized for easy reference, this book provides a compact, inexpensive guide for individual readers and childbirth-education classes.

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