



Heart and Hands, Fifth Edition: A Midwife's Guide to Pregnancy and Birth

Elizabeth Davis

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A fully revised update of the foundational text on birth assisting from internationally renowned authority Elizabeth Davis, offering professional guidance for both aspiring and veteran midwives.

Presenting information on what to expect during each stage of pregnancy, birth, and postpartum recovery, *Heart and Hands* has been the most trusted guide for midwives and expecting parents for more than two decades. This completely revised edition includes new photographs and illustrations, updated resources for parents, and a current list of midwifery schools. Information will be added throughout to reflect the latest research on the physiology of pregnancy, birth, and postpartum. Combining time-honored teachings with the most current obstetric techniques, this essential reference empowers birthing helpers and parents to create a truly woman-centered birth experience.

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