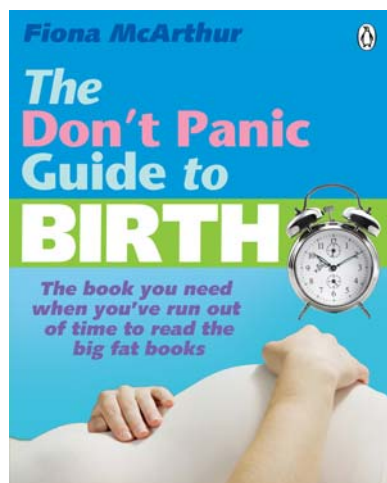


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THE DON'T PANIC GUIDE TO BIRTH

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You're almost there. You've reached the final few weeks of pregnancy, and you're about to come face-to-face with this new little person in your life. Now all that stands between the two of you is... birth.

The Don't Panic Guide to Birth is a practical and easy-to-read guide to birth and has been expertly designed to answer all those last-minute questions.

Outlining everything from what to expect when labour begins, how contractions start, what happens if your waters haven't broken, the secrets to breathing, drugs and pain relief options, to what to expect after birth, breastfeeding and how to make the most of your hospital stay.

The Don't Panic Guide to Birth is ideal for expecting parents and the best part is each chapter provides all the essential information and can be read in less than five minutes.

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Author Bio:



Fiona McArthur is a Registered Nurse/Practising Clinical Nurse Specialist in Midwifery, with over 25 years experience as a midwife. She is one of the founders of, and a midwife educator for, *Teenage Information Mornings Teens as Mums* (TIMTAMS). She is also a lecturer, trainer, and an instructor for midwives and is passionate about improving birth outcomes and experiences for all mums.

Fiona is a multi-published fiction author for *Harlequin Mills and Boon* and has written 20 romance novels. She was a finalist in *Australia's Romantic Book of the Year Awards* (R*BY) in 2009. She has been married for 29 years to a paramedic and they have five sons.

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