

Finally, a Motivational and Inspirational Childbirth CD!

Your Body, Your Birth

Secrets for a Satisfying and Successful Birth

Lynn M. Griesemer

Mother of 6, ages 5 to 19. Four of her children were born in the hospital; two at home.

Your Body, Your Birth, 80 minutes of warmth, common sense, humor, integrity and love that inspires, encourages and reveals secrets for a most rewarding birth experience— one you will cherish the rest of your life.

Your Body, Your Birth, is a profoundly inspirational CD. Lynn, uses her wisdom and experience to craft a uniquely positive and provocative recording, perfect for first-time parents hesitant about facing the unknown path to childbirth.

~Augustine C. Daniels, Midwife
Bend, Oregon

Lynn Griesemer boldly yet gently encourages women to challenge their life-long beliefs and opinions about childbirth. She then beautifully weaves together her personal experiences, intuitive insights, and years of research to present a truly unique and empowering picture of childbirth. Every woman, regardless of where she plans to give birth, can find meaning and inspiration in Lynn's words.

~Laura Shanley, Author
Boulder, Colorado



To order your copy online using Paypal, visit
www.yourbodyyourbirth.org

or send check payable to

Terra Publishing
4103 Plaza Lane
Fairfax, VA 22033

\$14.95, plus
\$4.00 S&H (US, Canada) or
\$7.00 S&H (other countries)