# New Book Serves as Guide to Fearless Childbirth
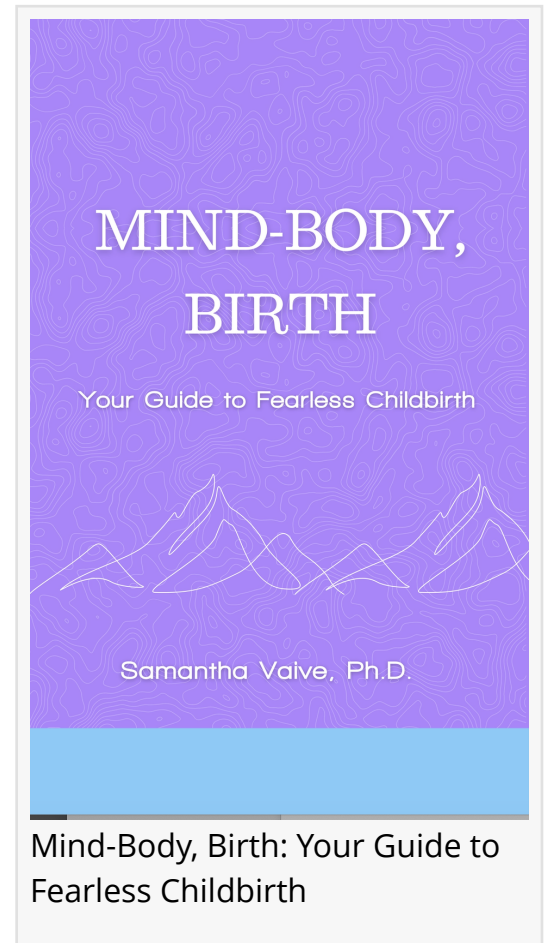
*MIND-BODY, BIRTH by Samantha Vaive*

LANSING, MI, UNITED STATES, February 14, 2025 /EINPresswire.com/ -- Birth can be scary. Prior to the global pandemic in 2020, it was estimated that 10 to 15 percent of women in the United States had a fear of childbirth so strong that it impacted their daily functioning, according to a population-based, longitudinal study Birth, 45. That number rose to 62 percent during the pandemic.

"This glorious, beautiful thing we have literally been doing since the dawn of humans was crushing people around me," says childbirth psychology expert Samantha Vaive, Ph.D. "Birth should not be devastating."

That's why Vaive has published a new book, MIND-BODY, BIRTH, a research-based, easy-to-understand and inclusive guide designed to help pregnant women achieve their best birth. Birth doesn't have to be something women suffer through just to get to the good part—birth can be the good part.



Mind-Body, Birth: Your Guide to Fearless Childbirth

In this book, readers will learn how to move beyond the fear of childbirth, allowing them to have a joyful birth experience that they are excited about.

> This book is here to support you. To help you have your best birth. Not to tell you how you should be."
>
> *Samantha Vaive*

MIND-BODY, BIRTH breaks down what actually makes childbirth painful (it's not what people think) and offers strategies to reduce that pain. Readers will learn the barriers that get in the way of an awesome birth experience.

The book also explores traditional and non-traditional ways to enhance the birth journey and improve outcomes for women and their babies. The book guides readers through activities, and journaling prompts

them to deepen their understanding while exploring the path to their best birth.

"This book will give you the tools you need to take control and birth better," says Vaive.

As the book comes to an end, readers will use these activities to build their personal birth toolkit—a comprehensive resource that will guide them toward a joyful birth.

Whether this is a person's first time giving birth or they are looking to improve upon past experiences, MIND-BODY, BIRTH equips them with the knowledge and confidence to feel prepared and excited about their upcoming birth.

"This book is here to support you," says Vaive. "To help you have your best birth. Not to tell you how you should be."


Samantha Vaive, Author

MIND-BODY, BIRTH is available on Amazon and other popular retail outlets where books are sold.

ABOUT THE AUTHOR
Samantha Vaive (she/her), founder of Sound Birthing LLC and creator of the Mind-Body, Birth approach, is an expert in childbirth psychology. Her doctoral research explored improving the childbirth experience and birth outcomes. She is passionate about making anxiety-free childbirth accessible to everyone. She holds a master's in social work from the University of Denver and a postgraduate certificate in sex therapy and sexual health education from the University of Michigan. Additionally, she has completed over 500 hours of Yoga teacher training and is a certified sound therapist. She has worked as a political activist and elected official fighting systemic barriers. She serves on several boards and volunteers helping wildlife. She spends her free time hiking, in the pottery studio, and with her family. Visit www.sound-birthing.com.

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