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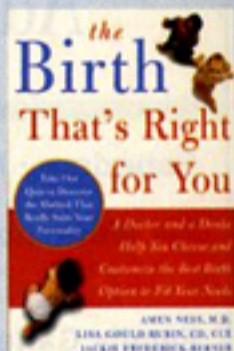
Birth by Design

Today's moms are requesting more control when it comes to the childbearing process. That's a good thing, according to writer and educator Jackie Frederick-Berner, ob-gyn Amen Ness, M.D. and doula Lisa Gould Rubin CD, CCE, because the safest, most fulfilling birth is first and foremost the birth that's right for you.

Frederick-Berner and Gould Rubin, co-founders of The Good Birth Company, a South Salem-based business offering Goodbirth Preparation Classes, Labor Support and Coming Home consultations, along with Ness, tell you how to find the birth method that best suits your personality in *The Birth That's Right for You* (McGraw-Hill, 2006; \$14.95).

The book is filled with judgment-free, practical information designed to help you find your "Good Birth Match." Take the quiz and answer pointed questions that help you discover what will make your baby's birth day a great day for both of you.

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Spring Calendar