



Birth Matters: How What We Don't Know About Nature, Bodies, and Surgery Can Hurt Us

Ina May Gaskin

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Renowned for her practice's exemplary results and low intervention rates, Ina May Gaskin has gained international notoriety for promoting natural birth. She is a much-beloved leader of a movement that seeks to stop the hyper-medicalization of birth—which has led to nearly a third of hospital births in America to be cesarean sections—and renew confidence in a woman's natural ability to birth.

Upbeat and informative, Gaskin asserts that the way in which women become mothers is a women's rights issue, and it is perhaps the act that most powerfully exhibits what it is to be instinctually human. *Birth Matters* is a spirited manifesto showing us how to trust women, value birth, and reconcile modern life with a process as old as our species.

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