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The Birthing From Within programs all have their roots in the original book written by Pam England in 1998. Pam's philosophy and approach to childbirth preparation and support has inspired more books written by Pam England and other Birthing From Within authors that document her dynamic and ever-expanding perspective.

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The role of the instructor in Birthing From Within classes is that of mentor, guiding the parents in their own self-discovery. Above all, Birthing From Within sees birth as a rite of passage, which, regardless of birth outcome, can be an occasion to practice awareness. I once had a birth client asking me for help in choosing a class tell me, "You

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