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THE LAMAZE METHOD

SIX  
PRACTICAL  
LESSONS  
FOR AN  
EASIER  
CHILDBIRTH

BY ELIZABETH BING, R.P.H.

THE FAMOUS STUNDOFF GUIDE  
TO A SAFE CHILDREN AND NEW EXPERIENCE  
OF CHILDREN. FULLY ILLUSTRATED  
WITH PHOTOGRAPHS AND DRAWINGS  
FOREWORD BY ALICE B. GUTHRIE, M.D.

# Six Practical Lessons For An Easier Childbirth

**Lei Huang**



## **Six Practical Lessons For An Easier Childbirth:**

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