

new book by bestselling childbirth guru Sheila Kitzinger

Birth & Sex: The Power and the Passion

Sheila Kitzinger

Key selling points:

- ▶ Discusses a controversial topic with frankness and expertise
- ▶ Written by household name childbirth guru
- ▶ Sheila Kitzinger's first new book in 7 years

Cover blurb:

Birth and sex are often talked about as if they were contrasting experiences. In fact, they each involve the same rush of hormones in an action drama in which mind and body work in harmony. When a woman is free to follow her instincts and give birth naturally, waves of endorphins surge in the bloodstream with the same energy as in ecstatic lovemaking. Birth and sex mingle to become one in the thrilling, sweet, intense and overwhelming experience of creation.

Yet in the Western high-tech birth culture the environment often inhibits the spontaneity of birth, resulting in pain and distress. Pregnancy and birth are de-sexed and treated as medical conditions. Women are turned into objects on which doctors act.

In this compelling and controversial new book Sheila Kitzinger explores the complexity and depth of female sexuality during pregnancy, birth, and after the baby comes. She shows what can be done to create an environment in which a woman is able to trust her instincts and be confident in her body. By rediscovering the power and passion in our bodies, we can reclaim the spontaneity and sexual ecstasy of childbirth.

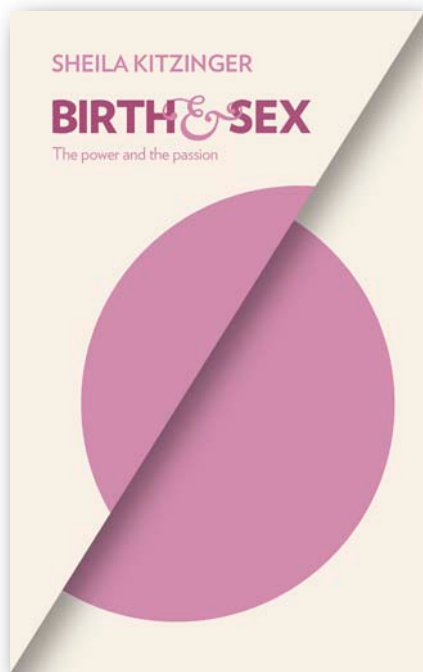
Marketing & publicity:

- ▶ Major interview in Saturday Telegraph with Sheila Kitzinger on October 20th
- ▶ Radio interviews and webchats
- ▶ Extensive promotion targeted at 10,000+ followers of Pinter & Martin pages through social media, including Facebook and Twitter
- ▶ Talks by Sheila Kitzinger in London, Oxford and Edinburgh

Endorsement:

"Powerful, insightful, transformative. A must-read book for every woman around the world!"

Debra Pascali-Bonaro, co-author of *Orgasmic Birth*



Bibliographic information

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Rights: world
Category: Pregnancy & birth,
Sex & sexuality
BIC Code(s): VFXB, VFVC



Readership/Market

- expectant mothers
- midwives
- childbirth educators/doulas

The Author

Sheila Kitzinger MBE is a natural childbirth activist and author specialising in pregnancy, childbirth and the parenting of babies and young children. She lives in Oxford.

Her books include:

The New Pregnancy & Childbirth
9781405363327

The Complete Book of Pregnancy & Childbirth 9780375710476