

## What Will You Find Inside?

- *Birth – The Entrance Gateway to Life*
- *Painless Birth - Utopia or Nature?*
- *So How About the Pain?*
- *Who Is a WOMAN?*
- *MAN and Birth*
- *Womb – The Safest Place*
- *The Moment and Circumstances of Conception*
- *Mental Exercise*
- *Mental Hygiene*
- *Overcoming the Obstacles*
- *Prenatal Communication*
- *Singing through the Birth*
- *Pregnancy, Birth and Psychosomatics*
- *Personal Experience*
- *Other*