



# Myth of Perfection in Childbirth

**Diana Koster**

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- Explains how a negative birthing experience might affect you, your relationship with your baby and your partner. With the help of practical exercises and honest accounts, you will learn to restore your inner balance

*“The first and taboo-breaking book on negative birthing experience. Will provide a big support for many women!”* Tosca Gort, psychologist *“An eye-opener for women with birth trauma and a must-read for care professionals who want to learn more.”* Dr. Claire Stramrood, gynecologist *“I wish this book had existed four years ago. My friends and family seemed to be pushing the joy of motherhood down my throat while, to me, the delivery felt more like a landslide. Thanks to Diana’s coaching, I became the old Maria again.”* Maria, mum of two daughters Childbirth deeply affects the life of a woman and her partner. Fortunately the effect is usually a positive one. Many people declare the day their child was born as the most beautiful day of their lives. However, giving birth can also be a negative experience, with long-term consequences. This book explains how a negative birthing might affect you, your relationship with your baby and your partner. With the help of practical exercises and honest accounts from women who have overcome birth trauma themselves, you will learn to process this experience and restore your inner balance. Described as “The first and taboo-breaking book on negative birthing experience,” this book will provide a pillar for many women, who have been suffering in silence for too long.

Midwife and coach **Diana Koster** specializes in helping women cope with their negative birthing experience. In *The Myth of Perfection in Childbirth* she gives a voice to the many woman who are traumatized by the birth of their own children.