



Learn the natural childbirth techniques Rhonda taught to over 14,000 women nationwide.

Step 1: Knowledge is the first step of understanding and taking power over your body during pregnancy.

Step 2: Implement the Natural Childbirth Exercises that have been specifically developed for you, your body and your baby.

In these books, you will learn:

- How it feels to be pregnant.
- How to use specific exercises to prepare your body for pregnancy and birth
- How to accept the help of your own best ever coach.
- How to work with your body during birth.
- How to choose the best health care provider.
- How to find the best support team and specialists.



Rhonda Hartman

Rhonda Evans Hartman was a Public Health Nurse before becoming a homemaker and mother. For 25 years, she taught classes, trained and supervised other teachers in husband-coached childbirth for Dr. Robert A. Bradley in his Obstetrical Medical Practice in Denver, Colorado. Rhonda is on the Advisory Board of the American Academy of Husband Coached Childbirth, The Bradley Method. She is Charter Member and past president of La Leche League of Colorado and was a meeting leader for many years. Rhonda and Dr. Bradley were frequent speakers at national Natural Childbirth conferences, and Rhonda has been a guest on national TV in both the United States and Canada.



Rhonda Hartman
Award Winning Author
Finalist: USA Best Book Awards - Women's Health
Natural Childbirth Exercises for the Best Birth Ever

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"Every pregnant woman needs this book. Rhonda's advice on birth and breastfeeding is pertinent and reliable. ...Any and all will benefit from learning about and using these exercises that will ease the birth for both baby and mother."

Mary Ann Kerwin, Co-Founder of La Leche League International