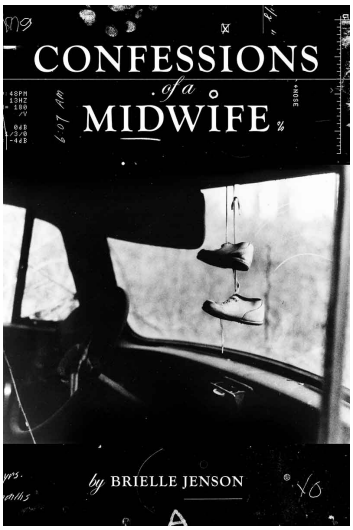


Description

Book Review: Confessions of a Midwife by Brielle Jenson



Review By: Roz Neil – Lecturer, midwife, holistic entrepreneur

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These memoirs, written by a midwife based in America, make for an engaging and thought-provoking read. As a midwife working in the UK, I found the author's accounts of her training and practice in the United States particularly interesting, often quite different from my own experiences and reflections.

Rather than following a chronological order, the book is divided into themed sections that allow the author to reflect on different aspects of her personal and professional journey. As a reader, I was drawn into various times and places,

where the author shares deeply-personal memories and insights. Her descriptions of childhood experiences and upbringing add a distinctive layer of context, enriching the stories she recounts.

> Her openness, particularly in the chapters about her own pregnancy and birth experiences, adds depth and sincerity, giving readers a sense of the author's humanity and professional growth.

Some sections of the book may be challenging for readers without a medical background, as certain scenes are described in vivid detail. These graphic moments, while authentic, could be emotionally triggering or difficult to read.

True to its title, Confessions of a Midwife, the memoir explores moments of vulnerability, mistakes and challenges encountered throughout the author's career. Her openness, particularly in the chapters about her own pregnancy and birth experiences, adds depth and sincerity, giving readers a sense of her humanity and professional growth.

Photographs accompany several chapters, though not all seem directly related to the surrounding narratives. Some appear more personal than professional, which occasionally disrupted the flow and left me questioning their placement.

Overall, the book offers an honest, heartfelt and varied account of one midwife's life and career. Through her reflections, the author provides valuable learning opportunities and insight into the realities of midwifery, making Confessions of a Midwife both a moving and meaningful read. **TPM**

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