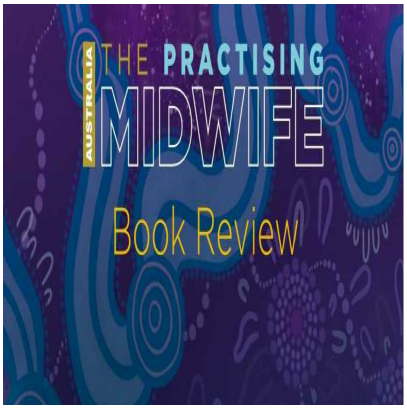
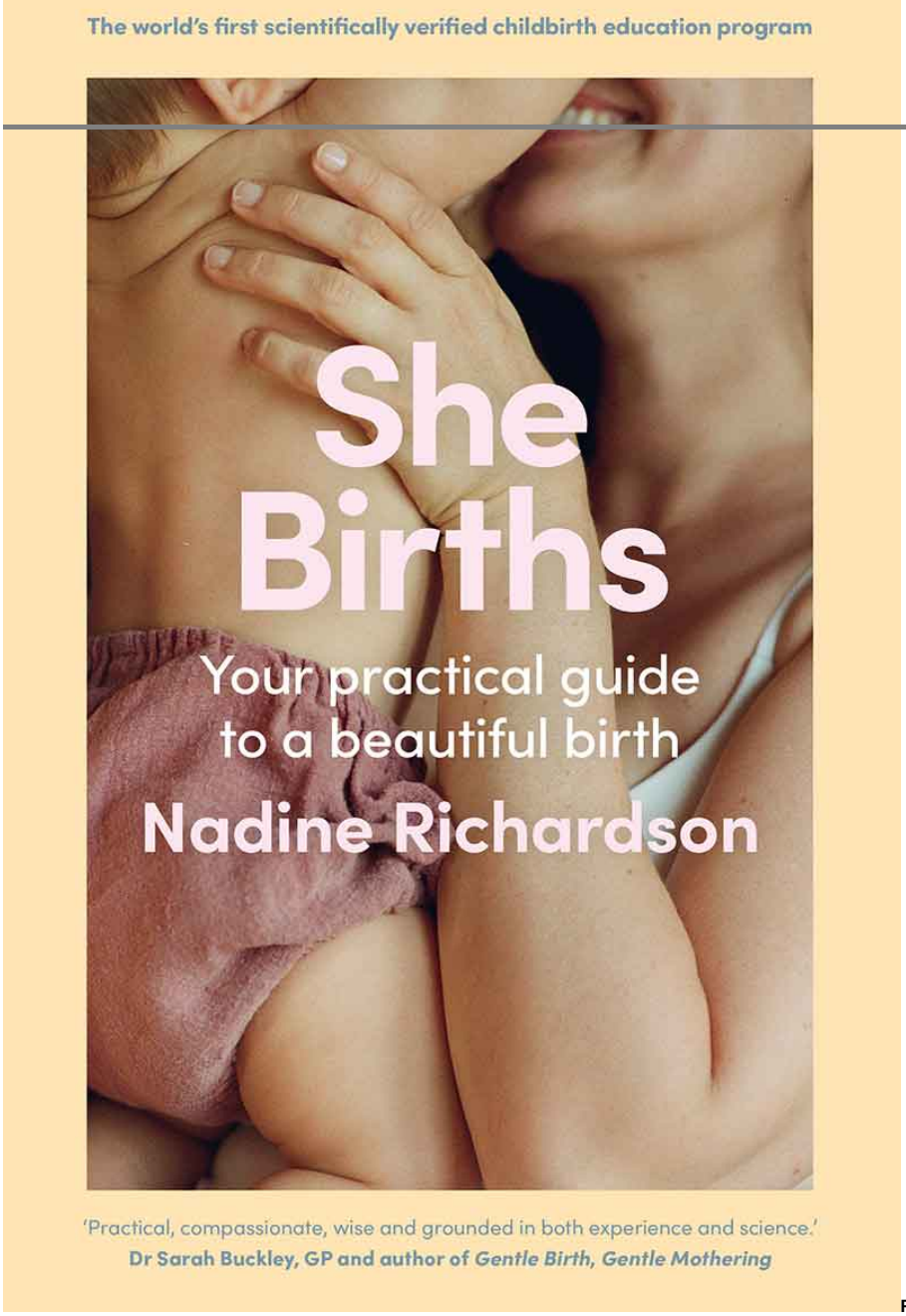


Description

Book Review: She Births: Your Practical Guide to a Beautiful Birth by Nadine Richardson



Review By: Sophie Layfield Senior Lecturer, University of

Worcester

2026

Murdoch Books

Pbk, 312pp

$34.99AUD

ISBN 978-1-76150-113-5

This book creates a synergy between holistic guidance and emotional support for women and families who are

experiencing their childbearing journey. It prepares women to give birth with practical tools and knowledge to inspire and educate. The use of birth stories within the book gives the reader the opportunity to see the how the guidance can be used in real life.

There is some real wisdom in this book which can be used for clinicians and educators alike to develop their birth education. I particularly enjoyed the section on the nervous system and it explored ‘freezing and fawning’ which offered a new perspective in thinking. I also enjoyed the practical tips to prepare women to give birth such as the ‘ice game’.

There was intuitiveness within this book which was based on wisdom both learned and academic. Although minimal references were included it gave a sense of truth and knowledge based on experience. The use of terminology and pronouns within the book connected with a feminine ideology which was apparent throughout. In this book, there was a connectedness to all women who birth, a sense of Mother Nature, inherent knowledge and learnt wisdom. **TPM**

Category

1. Australia - TPMA
2. Book reviews

Tags

1. 2026
2. birth
3. holistic approach

Date Created
15th October 2026