

## Praise for *Lessons of Labor*

“In this book, Julia Aziz masterfully distills out the wisdom of her own childbearing experiences and offers readers a treasure trove of deep and simple gems of inspiration for navigating the journey into and through motherhood. This is not *a way of doing* it, rather *a way of being present* to one’s self and the fleeting moments of family life. With reminders to slow down, experiment, let go and trust yourself... this book is essential reading for anyone who is a mother, has been mothered or is about to embark on the journey of motherhood.”

–Carrie Contey, PhD, internationally recognized parenting coach and founder of *Evolve*

“I know some midwives who’ve said for years they wanted to write about the parallels between life and labor. I think when they see this book they will slap their thighs and say, somebody did it!”

–Pam England, author of *Birthing From Within*

“From her own unique and varied childbearing experiences, Julia Aziz learned much beyond what labor and birth can be like; she guides us through her musings on the lessons gained from her labors—about life as a woman, life partner, mother, and human being. This engaging book, told in her personable style and warm voice, relates how she was transformed, and her pithy wisdom helps us see how we also may be transformed by life’s unpredictable adventures.”

–Penny Simkin, author of *The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions*, co-founder of DONA International (formerly Doulas of North America)

“Here’s a book that lets us parents know we aren’t alone with our worries, doubts, fears—and we don’t have to be ashamed or overwhelmed by them, either.”

–Lenore Skenazy, author of *Free-Range Kids*

“In *Lessons of Labor*, Julia Aziz offers a vulnerable perspective of personal growth, wisdom of the body, and a lesson in surrender.”

–Latham Thomas, author of *Mama Glow: A Hip Guide to Your Fabulous Abundant Pregnancy*

“This excellent book will help new mothers process their birth experiences and gain valuable insights about their transformation into motherhood.”

–Diana West, IBCLC, co-author of the 8th edition of La Leche League International’s *The Womanly Art of Breastfeeding*

“*Lessons of Labor* holds so many pearls of wisdom that can only be gained by trusting the process of childbirth and parenting. Julia’s story reflects the universal nature of mothering from the small details to the big picture. I will be recommending this book to all my clients, regardless of how many times they’ve given birth. It was a joy to read.”

–Sarita Bennett, DO, CPM, osteopathic family practice physician, midwife, vice president of the Midwives Alliance of North America

“In *Lessons of Labor*, Julia Aziz offers readers the hope that through parenting we can really come to know and trust our own selves. The stories and lessons shared take the reader through explorations of parenting, partnering and self—the flaws, the feelings and the idea that the journey of parenting can be our best teacher. Throughout the book, Aziz offers comfort to a tired mama soul, and inspiration towards becoming the most connected and joyful self we can possibly be at any given moment. All the while knowing that new moments and new lessons just keep on coming!”

–Bernadette Noll, author of *Slow Family Living*

“Aziz’s words echoed my own lessons as a young mother. *Lessons of Labor* feels like a present to my own daughter because this is what I want her to understand about labor, motherhood, and the gifts it can bring... An inspirational read for mothers, birth professionals, and those that care for them.”

–Amy Gilliland, PhD, DONA International Birth Doula Trainer

“Take the time to savor this book--it will remind you to appreciate and to trust the ever-changing and individual needs of each member of your family as well as yourself.”

--Phyllis Klaus, MFT, LMSW, psychotherapist, co-author of *Your Amazing Newborn*, *Mothering the Mother*, and *Bonding: Building the Foundations of Secure Attachment and Independence*, co-founder of DONA International

"In her book, Aziz brings you beautifully through the journey of pregnancy and into the life thereafter."

--Shawn Tassone, MD, PhD, author of *Spiritual Pregnancy: Develop, Nurture & Embrace the Journey to Motherhood*

“Julia Aziz is a wonderful storyteller. The stories she shares of the transformative experiences of pregnancy, birth, and of mothering are both intimately personal and touchingly universal. They connect us as women, as parents, and as human beings.”

–Barbara Wilson-Clay, BS, IBCLC, FILCA, author of *The Breastfeeding Atlas*

#### WHAT MOMS ARE SAYING:

“I think it is a story that fills a void in terms of what is out there for mothers. It is personal, honest, real, intelligent, thought-provoking, and frankly, I think it will be very influential.”

"I couldn't stop reading! I hadn't planned on finishing it tonight but I simply could not stop reading. So real, vulnerable, strong... all within a compelling story, one that you want to just devour. It is really, really good!!!"

“I’m 1/4 of the way through the book and I absolutely LOVE it. I’m crying nearly every page. I’m highlighting like a mad woman! This book is truly great. I wish I had had the courage to read it a month or two ago when I was in the midst of my postpartum crisis. It’s reassuring and inspiring.”