

Figure 5. HypnoBirthing mothers' comfort in labor:

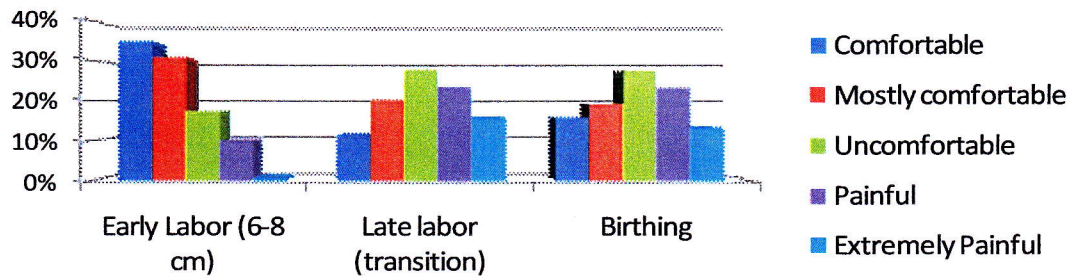
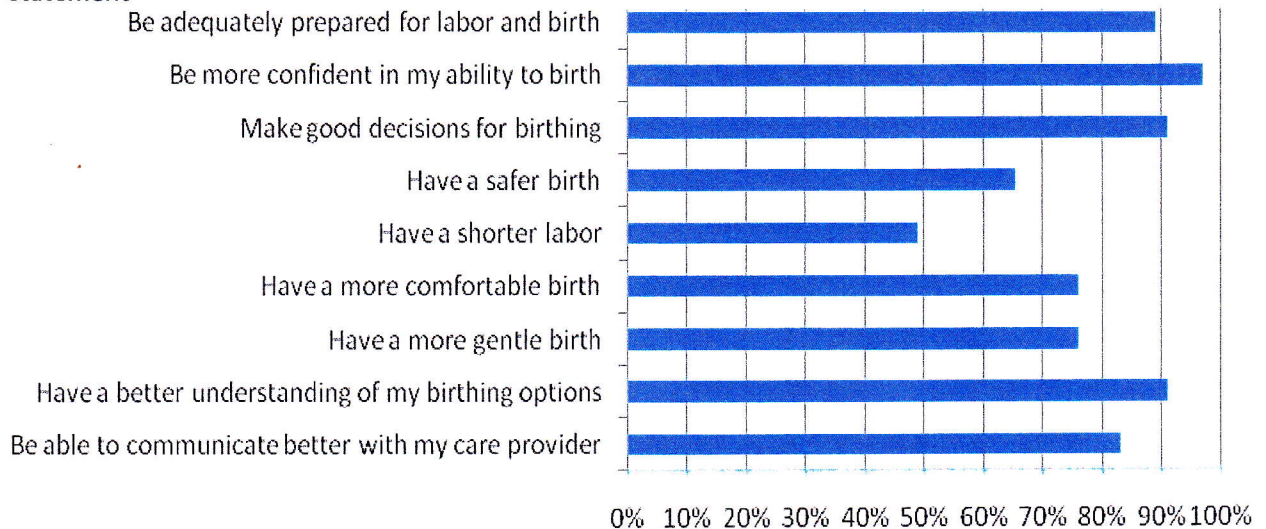


Figure 6. Mothers were asked to rate a series of statements about how they perceived HypnoBirthing benefitted them. Below are the percentages who *agreed or strongly agreed* with each statement



Satisfaction with the birthing experience: 500 women wrote responses to the question "Apart from meeting your new baby, what was the best thing about your experience of giving birth?" The answers most often mentioned feeling powerful, competent, having their partner very involved and supportive, and very often included comments about the ease and comfort of labor and birthing. 77% said they would definitely use HypnoBirthing again and 19% said they may or may not. 87% said they would recommend HypnoBirthing to others.

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