



DVD New Releases from VIEW

FROM OUR PARENTING DVD CATALOG:

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CHILDBIRTH: From Inside Out

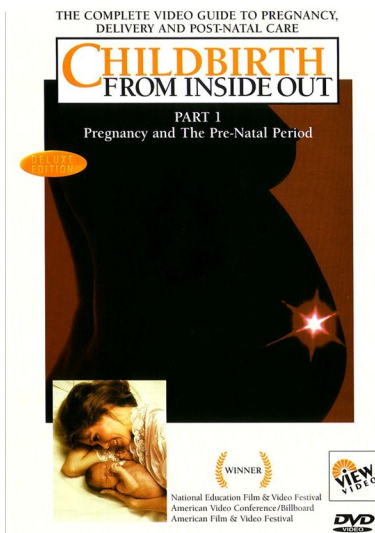
Part 1: Pregnancy and The Pre-Natal Period VIEW DVD #2521 – List Price \$29.98

Part 2: Delivery and The Post-Natal Period VIEW DVD #2522 – List Price \$29.98

“the most complete resources you can find... Two and a half hours of solid, comprehensive information.”

-The Boston Parents' Paper

This two-part series presents comprehensive, well-organized, medically sound information that deals simply and honestly with the many aspects of childbirth. An excellent starting point for expectant mothers, it answers many of the sensitive questions of parents-to-be. The DVD also helps enable parents to formulate a list of specific concerns about their baby and pregnancy to discuss with their physician, which leads to a healthier and safer pregnancy.



PART 1: *Pregnancy and The Pre-Natal Period*

Phase 1- Preparing for Pregnancy

Phase 2- Nutrition and Exercise

Phase 3- Psychology of Pregnancy

Covering everything from the planning stages to nutrition, exercise and the psychology of pregnancy, Part 1 is the perfect solution for mothers-to-be, as it is a comprehensive and medically sound program complete with an Interactive Pregnancy Risk Test, a complete Program Guide, and a checklist for each phase covered to ensure that all of the important information is clearly understood.

78 minutes, plus extensive DVD Bonus Features
VIEW DVD #2521 \$29.98 VIEW VHS #1521 \$29.98

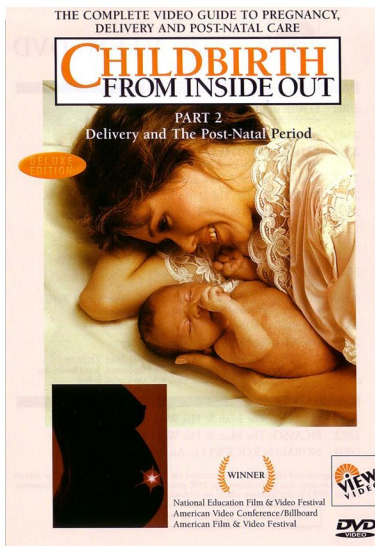
ISBN 0-8030-2521-1



DVD BONUS FEATURES

- ▶ Over 40 Chapter Selections (Part 1)
- ▶ Over 70 Chapter Selections (Part 2)
- ▶ Instant Access All Chapters
- ▶ Bonus Pregnancy Risk Test
- ▶ Bonus Pregnancy Checklist
- ▶ Warning Signs
- ▶ Bonus Music
- ▶ Dolby Digital Stereo Audio
- ▶ Digitally Mastered Audio & Video
- ▶ Multi-directional Interactive Menus

Hosted by Dr. John Tyson, an internationally recognized medical scientist and clinician who has worked for over twenty years as a broadcaster of medical information. Having been personally involved in over 3,000 pregnancies, Dr. Tyson is both experienced and knowledgeable in the field and worked for 12 years at The Johns Hopkins University School of Medicine.



PART 2: *Delivery and The Post-Natal Period*

Phase 4- The Hospital Experience

Phase 5- Labor and Delivery

Phase 6- Post-Natal Care

This second volume takes viewers beyond the pregnancy into the earliest stages of parenthood. Covering everything from the hospital experience, through labor and the delivery, and finally into the fundamentals of post-natal care. It also includes an Interactive Pregnancy Risk Test, a complete Program Guide, and a checklist for each phase covered to ensure that all of this important information is clearly understood.

72 minutes, plus extensive DVD Bonus Features
VIEW DVD #2522 \$29.98 VIEW VHS #1522 \$29.98

ISBN 0-8030-2522-X



NEW ADDRESS

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