

## HypnoBirthing® - the Mongan Method in the news

HypnoBirthing® - the Mongan Method has been featured in numerous articles, programs and newspapers. Following is just a small sampling of the articles and stories that have been published in the last several years.

### Magazines

- Story about Beverley Turner (TV presenter and wife of Olympic rower James Cracknell) using HypnoBirthing® featured in the Sunday Mirror "Celebs" magazine on Sunday 19th June 2005. You can view a scanned copy of the original article online here: [page 1](#) | [page 2](#)
- Mentioned in the August 2005 issue of "**Practical Parenting**".
- Mentioned in the April 2005 issue of "**Mother and Baby**", in an article about "Insider secrets for a better birth".
- Featured again in the April 2005 issue of "**Pregnancy & Birth**", in an article about hypnosis for childbirth.
- Featured again in the March 2005 issue of "**Pregnancy & Birth**", as part of the main, headlined 10-page article on getting the birth you want .
- Featured in the November 2004 issue of **Practical Parenting** (available Oct 2004 - UK), in the section about natural pain relief options for birth.
- Featured in recent issues of "**Image**" and "**Ladies and Gentlemen**".
- "**Hypnosis: The Ultimate in Natural Childbirth?**" - ePregnancy, March 2004
- "**Trance In A Million**" - "**Closer**" magazine feature about TV presenter Beverley Turner using HypnoBirthing. See Issue 98 (21-27 August 2004) for the article.
- Mentioned again in **Pregnancy & Birth** - July 2004 issue. Reference in the article about 14 ways to have a better labour.
- "**The (re)birth of a better way**" - from South Florida Parenting Magazine, April 2004.
- "**Have It Your Way: Redesigning Birth**" - HypnoBirthing® gets a mention here in "Newsweek" (courtesy of MSNBC), May 10, 2004.
- **Birth Bliss** - a short but excellent article from the March 2004 issue of **Time Magazine**, by a very sceptical reporter about her own experience of HypnoBirthing®.
- **American Baby** - "All About HypnoBirthing"

- **"A New Look At An Old Method"** - a good, easy to read, overview of the Marie Mongan Method of HypnoBirthing®, from Childbirth Instructor Magazine, July/Aug 1999. It explains the program in more detail than the popular magazines.
- **"HypnoBirthing® techniques ease intensity of labor"** - BabyDallas Magazine, Fall/Winter 2002/2003
- **"Hypnosis and Pain Management"** - Ladies Home Journal

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### News Papers

- **"You're Getting Sleepy...HypnoBirthing® Uses Hypnosis for Easier, Natural Childbirth"** - from The Providence Journal, April 2, 2006.
- **"HypnoBirthing classes use 'awake' hypnosis to help relax moms, companions and babies for delivery"** - from Albuquerque Tribune, September 23, 2005.
- **"Mind over labour: HypnoBirthing® holds out hope of pain-free, stress-free delivery"** - Times Colonist, August 30, 2005.
- **"HypnoBirthing®: Overcoming Pain, Fear of Childbirth"** - Naples Daily News, July 27, 2005.
- **"Birth by Calm"** - Waterford Times, March 29, 2005.
- **"New Childbirth Method Touted"** - Daily Times in Pekin, IL, March 14, 2005.
- **"Having a baby? RELAX: HypnoBirthing® teaches that natural childbirth need not be painful"**- Herald-Review, March 7, 2005.
- **"HypnoBirthing: Bringing Life into Focus"** - Las Vegas Review Journal, March 6, 2005.
- **"Language of Birth Altered"** - Las Vegas Review Journal, March 6, 2005.
- **"Smooth Delivery"** - London Times, February 26, 2005.
- **"HypnoBirthing® helps ease labor pain"** - from the Gwinnett Daily Post
- **"A Kinder, Gentler Childbirth"** - from The Miami Herald May 4, 2004.

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### Online Articles

- **"Eight Ways to Increase the Safety and Comfort of Childbirth"**, by Dr. Joseph Mercola, June 2004. HypnoBirthing® features in point 5 - Learn To Relax.

- **"Insider Secrets of a Natural Birth"** from Bounty.com. HypnoBirthing® is referred to as one of the gentle ways to ease pain.
- **"Lowell woman insists hypnobirthing is the way to go for young mothers-to-be"** - from BirthScene.com.
- **"Childbirth Without Pain or Drugs? HypnoBirthing Makes it Possible"** - a good article from Canadian Parents Online
- **"Hypnosis and Childbirth: Imagine!"** - a really **fantastic** article about HypnoBirthing®, from **Spirit of Change**
- **"HypnoBirthing teaches breathing and relaxation and visualization techniques to expectant moms"** - from BirthScene.com.
- **"Hypnobirthing for Labor"** from About.com
- **"When the Pendulum Swings"** - SavvyHealth.com, April 2000. This is an interview with Marie Mongan, developer of HypnoBirthing®.
- **"Why I Chose HypnoBirthing"**, BBC News Online, July 20, 2002.

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### Television

- **"HypnoBirthing a Promising Alternative to Birthing with Drugs"** - KVBC Las Vegas, Nov 2005
- If you don't believe HypnoBirthing® works, **watch this fantastic birth video about HypnoBirthing®!** It's from Pittsburgh in the US and it's **brilliant!**. (If you have difficulty with that link, try **this one** to the main article, and then click on the video to play it).
- **"Relaxation Technique Helps Ease the Pain of Childbirth"** - KUTV Salt Lake City
- **"HypnoBirthing puts mind over pain"** - Austin News 8, April 2004
- **"Power Over Pain"** - Good Morning America, May 2003
- **"Using Hypnosis for Childbirth"** - NBC's Dateline, 1999. A wonderful, eye-opening documentary that follows two couples through their experience of using hypnosis for the birth of their child.