



**LESSONS OF LABOR**

*One Woman's Self-Discovery  
Through Birth & Motherhood*

Julia S. Aziz

***Lessons of Labor:  
One Woman's Self-  
Discovery through  
Birth and  
Motherhood***

by  
**Julia S. Aziz**

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Self-Help**

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or to contact the  
author for media  
commentary, email  
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**Contact:** Betty Leaver, Managing Editor, MSI Press  
1760-F Airline Hwy, Hollister, CA 95023  
831-578-0290 (phone); 831-886-2486 (fax)  
[editor@msipress.com](mailto:editor@msipress.com)

***Lessons of Labor:***

***One Woman's Self-Discovery through Birth and Motherhood***

shares stories of birth and early motherhood that inspire the reader to trust  
in her own life experience as her most important guide.

*"Before giving birth for the first time, I was warned that labor would be the most painful physical experience I would ever endure, but no one ever told me that I would be entering into battle with my mind. No one explained that the pain of labor was just as much about facing my inner demons and giving up control as it was about physical discomfort. I also didn't know that I would keep learning from the experience for the rest of my life."*

- from *Lessons of Labor: One Woman's Self-Discovery through Birth and Motherhood*

What if instead of trying to avoid the pain and uncertainty of labor, we asked what we could learn from it? In telling the intimate birth stories of her three children and miscarriage, Julia Aziz shows us how giving birth can be one of motherhood's (and life's) greatest teachers. Rather than giving advice on how to labor or how to parent, this book consistently offers the message that a woman can grow through the challenges that life presents her and learn to trust herself. For pregnant women and new moms who share a tendency for "getting it right," this honest and unguarded memoir is a reminder that the pretense of control is no match for the freedom of letting go, especially when things don't go according to plan.

The author describes in open and honest detail her experiences with her three children, one born in the hospital and two born at home. Before her children were born, she lost her first pregnancy in miscarriage. That birth and loss is part of the story she shares, too.

From counseling countless mothers and sharing stories with friends, the author came to realize that she was not alone in the anxiety and desperation that motherhood can evoke. Most mothers "get a little crazy sometimes." They just get crazy about different things.

This book is for women who hunger for some perspective and encouragement that won't fuel their fears or increase their self-imposed pressure. Part diary, part observation, the book provides insights about what we can learn from birth and why, things such as not allowing advice to lead one away from one's own wisdom, the need to live in the present, what to do when feeling stuck and wanting to close down, and much, much more.

**A one-of-a kind book certain to bring solace and inspiration to the  
mother-to-be and the mother-who-already-is.**

For more information, email [editor@msipress.com](mailto:editor@msipress.com).

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**About the Author:** Julia S. Aziz is a Licensed Clinical Social Worker who has worked as a youth and adult therapist, a mother's meditation group facilitator, and a hospice counselor. She also leads classes and silent retreats, exploring the bigger questions of self and purpose. She currently works at a graduate school for integrative medicine and lives with her husband and three children in Austin, TX.