

## For Midwifery Today magazine

"A Doula's Journey: Into the World of Birth"- Amazon.com (Self-published)\$11.37 and Kindle(\$4.49)

278 pages 16/2 Astora St. Jerusalem 97451 Israel

*A Doula's Journey into the World of Birth*, is the long awaited memoir of a doula, mother, wife and daughter, combined into one author.

Just finished reading it. Couldn't put it down. Was wonderful, exciting and emotional. In her third book, Sarah Goldstein takes us on a journey weaving us throughout her life, from budding social worker out to 'Save the World', to fledgling doula, to teacher and mentor for dozens of new doulas around the globe. Her enthusiasm and passion is clear as she shares her life experiences. Everything she attempts to do in life is infused with commitment, boundless energy and much love.

But this isn't just a diary of a doula, it is also the narrative of a woman often torn between her life's calling, and her family's needs, Sarah is even further challenged by being in a 'sandwich generation.' She is a wife and mother, raising six children and simultaneously caring for her ever-worsening Alzheimer's mom. Sharing some of the 1500 plus births she has attended, we feel Sarah's personal and familial demands, but cheer her on as she attempts to find solutions for complex situations. This book will make you laugh, smile, cry and sigh as you recognize yourself in at least one or more of these chapters.

As a midwife, it was easy to identify with the juggling of family and career, and being constantly on call, being torn between serving our clients and being a good mother and wife, the stress of the job, crazy hours, when we have a transfer trying to walk the tight rope between defending our client's wishes and needs and getting kicked out.....

From a comical wheelchair birth to calm bath-tub births, from the first Alzheimer diagnosis to a car crash at midnight on the way to a birth, Sarah Goldstein reminisces about being on call to serve women before, during and after birth. While we read about Sarah attending to women all over Israel, we also gain a glimpse into her family dynamics through the prism of an interview of her own children who honestly discuss how it felt to grow up with an open-door policy at home, often encountering a steady stream of pregnant mamas, either seeking advice on birth or visiting the library that Sarah and her husband personally funded. That pioneering library blossomed into another 14 libraries throughout Israel in order to bring information to who ever wanted it. Sometimes, never ending phone calls as well as attending births took Sarah away from precious time at home and even downtime that she finally allotted herself and her family - beautifully shared in the book.

Sarah was always on the lookout for new ideas to encourage her family's understanding while reducing their occasional frustration. This was enhanced by leaving notes on the kitchen table, chocolates as a post-birth gift, or a family outing.

With unwavering support from her husband and children even at the most trying of times, she experiences both the trials and triumphs of facilitating mothers in bringing their newborns into the world.

Reviewed by births icons Ina May Gaskin, Penny Simkin, and Henci Goer – Sarah Goldstein’s latest captivating chronicles of birth will be an endearing and heartwarming read for both layman and birth professional. Important for every midwife to read so that they can understand how close we are to the mindset of the doula in our protection of the normal birth and our dedication to supporting free choice in birth. This book can help midwives and doulas to work together for the best possible birth.

