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### **DEBUT MEMOIR “LABOR OF LOVE” CHRONICLES HOME BIRTH MIDWIFE’S REMARKABLE PERSONAL AND PROFESSIONAL JOURNEY**

#### ***Cara Muhlhahn, the Midwife Featured in Ricki Lake’s Controversial Documentary, “The Business of Being Born,” Shares Inspiring Story About Embracing Her Calling***

New York, August 11, 2008 – In her first book, “Labor of Love: A Midwife’s Memoir,” (Kaplan Publishing, January, 2009) Cara Muhlhahn, the certified nurse-midwife featured in the documentary, “The Business of Being Born,” shares her fascinating personal story while providing an insider’s look at natural childbirth in the home setting. From tales of her formative adolescent experiences, to the home birth of her son, to engaging accounts of her 30-year-long practice of midwifery, Muhlhahn chronicles the unconventional decisions she made to honor her vocation.

Muhlhahn, a single mom, jazz singer, salsa dancer, and world traveler, has extensive training and clinical experience as a nurse-midwife, including a degree from Columbia University’s School of Nursing and a role in facilitating the delivery of more than 700 babies. “Labor of Love” threads her uncommon ability from a young age to calmly manage emergencies with her ultimate professional path. At 14, when her family home burns down, Muhlhahn moves abroad with her mother and sisters, embarking on a journey that forever alters her worldview. Later, while traveling solo in Morocco, she witnesses a fatal accident. Grieving the unnecessary death, she resolves that the next time she’ll know what to do to save a life.

In addition to offering a compelling personal narrative, “Labor of Love” gives readers insight into the home birth movement at a time when it is generating substantial mainstream interest – and controversy. After “The Business of Being Born” triggered a national dialogue about birthing options, the American Medical Association and the American College of Obstetricians and Gynecologists reacted, declaring the hospital “the safest setting for labor.” This ignited a battle with home birth advocates, who cite recent research which concludes home births are as safe as hospital delivery for low-risk women while resulting in fewer medical/surgical interventions.

“Between the reaction of some in the medical field and the glamorization of elective c-sections in Hollywood, it’s important that we make mothers-to-be aware of the realities of different birthing options,” said Muhlhahn.

Ricki Lake and Abby Epstein, the filmmakers behind “The Business of Being Born,” address Muhlhahn’s distinctive contribution to the birthing process in the “Labor of Love” foreword: “All her clients choose Cara for her combination of clinical skills and intuition. It takes a unique gift to encompass both the technical and natural worlds so seamlessly.”

In addition to her degree from Columbia, Muhlhahn graduated from the State University of New York (SUNY) Downstate’s Health Science Center in Brooklyn’s Midwifery Education program. She practiced midwifery at Beth Israel Medical Center and Maternity Center, Manhattan’s first birthing center, before establishing her own private practice in 1996.

“How and where a woman gives birth profoundly affects her life thereafter. I’m privileged to play a part in the process and to have the opportunity to share my story,” said Muhlhahn.

“Labor of Love: A Midwife’s Memoir” will be available wherever books are sold in January 2009. (Kaplan Publishing; \$25.95; Hardcover; 256 pages) For more information about the book or about Cara Muhlhahn go to: <http://www.cmmidwifery.com>.

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