

## Recommended Reading List

These titles prepare families for the special joys and challenges of an unmedicated birth and the excitement of life with a newborn. Many of these books are available for check out from our lending library.

*Birth from Within* by Pam England, CNM

*Gentle Birth Choices* by Barbara Harper

*The Water Birth Handbook: The Gentle Art of Waterbirthing* by Roger Lichy and Eileen Herzberg

*Birth Reborn* by Michael Odent

*Birth as an American Rite of Passage* by Robbie E. Davis-Floyd

*The Thinking Woman's Guide to a Better Birth* by Henci Goer

*The Birth Partner* by Penny Simkin

*A Good Birth, A Safe Birth* by Diana Korte and Roberta Scaer

*The Complete Book of Pregnancy and Childbirth* by Sheila Kitzinger

*Spiritual Midwifery* by Ina May Gaskin

*Ina May's Guide to Childbirth* by Ina May Gaskin

*Special Delivery: The Complete Guide to Informed Birth* by Rahima Baldwin

*The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth* by William Sears, M.D. and Martha Sears

*The Pregnancy Book* by William Sears, M. D. and Martha Sears

*Active Birth: The New Approach to Giving Birth Naturally, Revised Edition (Non Series)* by Janet Balaskas

*Natural Childbirth the Bradley Way* by Susan McCutcheon

*Vegetarian Pregnancy: The Definitive Nutritional Guide to Having a Healthy Baby* by Sharon K. Yntema

*Reclaiming Our Health: Exploding the Medical Myth and Embracing the Sources of True Healing* by John Robbins, Marianne Williamson

*Women's Bodies, Women's Wisdom: Creating Physical and Emotional Health* by Christine Northrup

*Mother Massage: A Handbook for Relieving the Discomforts of Pregnancy* by Elaine Stillerman

*The Womanly Art of Breastfeeding* by La Leche League International

**Bestfeeding: How to Breastfeed your Baby** by Mary Renfrew

*Nursing Mother's Companion* by Kathleen Huggins

*The Transition to Parenthood* by J. Belsky and J. Kelly

*When Partners Become Parents: The Big Life Changes for Couples* by Cowan and Cowan

*When Two Become Three: Nurturing Your Marriage After Baby Arrives* by M.E. Crawford

*The Birth of a Mother: How Motherhood Experiences Changes You Forever* by D Stern and N Bruschweiler-Stern

*The Baby Book* by Dr. Sears