

## Recommended Reading

### Birth

- Ina May's Guide to Childbirth** by *Ina May Gaskin*
- The Thinking Woman's Guide to a Better Birth** by *Henci Goer*
- Birthing From Within** by *Pam England & Rob Horowitz*
- Active Birth** by *Janet Balakas*
- Pregnancy, Childbirth and the Newborn** by *Simkin, Whalley and Keppler.*
- Easing Labor Pain** by *Adrienne Lieberman*
- The Birth Partner** by *Penny Simkin*
- Mind Over Labor** by *Carl Jones*
- Hey! Who's Having This Baby Anyway** by *Breck Hawk*
- Creating Your Birth Plan** by *Marsden Wagner*
- A Good Birth, A Safe Birth** by *Korte and Scaer*
- Pushed** by *Jennifer Block*
- Orgasmic Birth** by *Elizabeth Davis & Debra Pascali-Bonaro*

### Breastfeeding

- Bestfeeding** by *Renfrew, Fisher and Arms*
- Nursing Mother, Working Mother** by *Gale Pryor*
- The Ultimate Breastfeeding Book of Answers** by *Newman M.D. & Pittman*
- The Nursing Mother's Companion, 4th Edition** by *Huggins & Lawrence*
- Breastfeeding Made Simple** by *Nancy Mohrbacher and Kathleen Kendall-Tackett, Ph.D.*
- The Womanly Art of Breastfeeding:** by *Diane Wiessinger, Diana West, Teresa Pitman*

### Baby Care

- The Baby Book** by *William and Martha Sears*
- Your Baby and Child** by *Penelope Leach*
- The Portable Pediatrician** by *Laura Nathanson*
- The Vital Touch** by *Sharon Heller*

### Postpartum

- After the Baby's Birth** by *Robin Lim*
- The Year After Childbirth** by *Sheila Kitzinger*

### Siblings

- Siblings without Rivalry** by *Bager and Mazlish*