

Recommended Reading

Pregnancy and Birthing...

Ina May's Guide to Childbirth – Ina May Gaskin

Home Birth in the Hospital – Stacey Marie Kerr, M.D.

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

Active Birth – the new approach to giving birth naturally – Janet Balaskas

Pregnancy, Childbirth, and the Newborn – Penny Simpkin

The Birth Partner: Everything you need to know to help a woman through childbirth – Penny Simpkin

The Official Lamaze guide: giving birth with confidence- Judith Lothian and Charlotte DeVries

Birthing from Within: An Extra-Ordinary Guide to Childbirth preparation – Pam England

Breastfeeding...

The Nursing Mother's Companion – Kathleen Huggins

The Nursing Mother's Herbal – Sheila Humphrey

The Essential guide to Breastfeeding – Marianne Neifert, MD

Dr. Jack Newman's Guide to Breastfeeding – Jack Newman and Teresa Pitman