

# READING LIST

## Pregnancy and Childbirth Preparation

The following books provide a wealth of information. Many are available at your local library. They can also be purchased at your local bookstore or online.

### Pregnancy

- Pregnancy, Childbirth, and Newborn  
Penny Simkins
- Your Pregnancy Week by Week  
Glade Curtis
- The Mother of All Pregnancy Books  
Ann Douglas
- Expecting Better  
Emily Oster
- Birth as a Healing Experience, the  
Emotional Journey of Pregnancy  
through Postpartum  
Lois Haxel Freedman
- When Survivors Give Birth  
Penny Simkin
- The Complete Book of Pregnancy and  
Childbirth  
Sheila Kitzinger
- The Healthy Pregnancy Book  
William Sears

### Childbirth

- Natural Childbirth the Bradley Way  
Susan McCincheon-Rosegg
- Birthing From Within  
Pam England
- An Easier Childbirth: A Mother's Guide  
for Birthing Normally  
Gayle Peterson
- The VBAC Experience  
Lynn Richards
- The Birth Book  
William and Martha Sears
- Mindful Birthing  
Nancy Bardeke
- Conception, Pregnancy, and Birth  
Miriam Stoppard
- Pregnancy the Natural Way  
Zita West

### Breastfeeding

- The Working Woman's Guide to  
Breastfeeding  
Dana and Price
- The Complete Book of Breastfeeding  
Marvin Eiger
- Breastfeeding: Pure and Simple  
Gwen Gotsch
- The Nursing Mother's Companion  
Kathleen Huggins
- The Womanly Art of Breastfeeding  
La Leche League International

### Nutrition

- Eating Expectantly- The Essential  
Eating Guide and Cookbook for  
Pregnancy by Bridget Swinney
- Pregnancy and the Vegan Diet  
Deborah Wasserman
- Nutrition For a Healthy Pregnancy  
Elizabeth Somer
- The Whole 9 Months: A Week-By-Week  
Pregnancy Nutrition Guide by Jennifer  
Lang, MD

### **Exercise**

- Pregnancy Health Yoga: Your Essential Guide for Bump, Birth and Beyond by Tara Lee
- Fit and Pregnant- The Pregnancy Guide to Exercise by Joan Butler
- Exercising Through Your Pregnancy by James Clapp
- The Pregnant Athlete: How to Stay in Your Best Shape Ever by Brandi Dion
- Pregnancy Fitness by Julia Di Paolo

### **Partner**

- The Expectant Father: Facts, Tips and Advice by Armin Brott
- When Men are Pregnant: Needs and Concerns of Expectant Fathers  
Jerrold Lee Shapiro
- The Birth Partner: Everything You Need to Know To Help a Women Through Childbirth by Penny Simpkin
- Dude You're Gonna Be a Dad  
John Pfeiffer

### **Twins**

- When You're Expecting Twins, Triplets  
Barbara Luke
- Everything You Need to Know to Have a Healthy Twin Pregnancy  
Gila Leiter
- Having Twins  
Elizabeth Noble
- About Twins  
Sheila Retner

### **LGBTQI**

- The New Essential Guide to Lesbian Conception, Pregnancy and Birth  
Stephanie Brill
- And Baby Makes More  
Susan Goldberg & Chloe Brushwood Rose