



Birth Resources: Books

- Ⓢ *The American Way of Birth* by Jessica Mitford 1992 (out-of-print but still very accurate!)
- Ⓢ *Active Birth: The New Approach to Giving Birth Naturally* (Revised Edition) by Janet Balaskas
- Ⓢ *After the Baby's Birth: A Woman's Way to Wellness: A Complete Guide for Postpartum Women* by Robin Lim
- Ⓢ *Birth Reborn* by Michel Odent
- Ⓢ *Birth Your Way* by Sheila Kitzinger
- Ⓢ *Birthing From Within: An Extraordinary Guide to Childbirth Preparation* by Pam England & Rob Horowitz
- Ⓢ *Birthing Normally: A Personal Growth Approach* by Gayle H. Peterson
- Ⓢ *Gentle Birth Choices: A Guide to Making Informed Decisions about Birthing Centers, Birth Attendants, Water Birth, Home Birth, and Hospital Birth* by Barbara Harper
- Ⓢ *The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth* by Marshall H. Klaus, John H. Kennell, Phyllis H. Klaus
- Ⓢ *The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, & All Other Labor Companions (3rd Ed)* by Penny Simkin
- Ⓢ *The Complete Book of Pregnancy and Childbirth (Revised)* by Sheila Kitzinger
- Ⓢ *Women's Sexual Passages: Finding Pleasure and Intimacy at Every Stage of Life* by Elizabeth Davis
- Ⓢ *The Natural Pregnancy Book: Herbs, Nutrition and Other Holistic Choices* by Aviva Jill Romm
- Ⓢ *When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on Childbearing Women* by Penny Simkin
- Ⓢ *The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth* by William & Martha Sears
- Ⓢ *Woman's Experience of Sex: The Facts and Feelings of Female Sexuality at Every Stage of Life* by Sheila Kitzinger
- Ⓢ *Complete Book of Pregnancy and Childbirth* (The New Edition) by Sheila Kitzinger
- Ⓢ *Heart & Hands: A Midwife's Guide to Pregnancy & Birth* by Elizabeth Davis
- Ⓢ *Ina May's Guide to Childbirth* by Ina May Gaskin
- Ⓢ *Obstetric Myths vs. Research Realities* by Henci Goer
- Ⓢ *Spiritual Midwifery* by Ina May Gaskin
- Ⓢ *The Mother's Guide to Sex: Enjoying Your Sexuality Through All Stages of Motherhood* by Anne Semans and Cathy Winks
- Ⓢ *The Thinking Woman's Guide to a Better Birth* by Henci Goer
- Ⓢ *Transformation Through Birth* by Claudia Panuthos
- Ⓢ *Water Birth: The Concise Guide to Using Water During Pregnancy, Birth & Infancy* by Janet Balaskas & Yehudi Gorden
- Ⓢ *Wise Woman Herbal for the Childbearing Year* by Susun Weed



Birth Resources: Videos

- © *Orgasmic Birth* <http://www.orgasmicbirth.com/> Debra Pascali-Bonaro
- © *The Business of Being Born* <http://www.thebusinessofbeingborn.com/about.php> produced by Ricki Lake
- © *Birth – As We Know It* <http://www.birthasweknowit.com/> Elena Tonetti-Vladimirova
- © Gentle Birth Choices DVD by Barbara Harper, RN, CD, CCE



Childbirth Education that EMPOWERS

- © Birthing From Within <http://www.birthingfromwithin.com/>
- © International Childbirth Education Association <http://www.icea.org/>
- © Bradley Method <http://www.bradleybirth.com/>



Find A Midwife or Doula

- © Citizens for Midwifery <http://cfmidwifery.org/>
- © Find A Midwife – American College of Nurse-Midwives: <http://www.midwife.org/find.cfm>
- © Doula Organization: <http://www.dona.org/>



Breastfeeding Education & Support

- © La Leche League – USA: <http://www.llusa.org/> International: <http://www.llli.org/>
- © Find A Lactation Consultant <http://www.breastfeeding.com/directory/lcdirectory.html>



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