



Recommended Reading List

Books

- *The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth.* Penny Simkin
- *Pregnancy, Childbirth and the Newborn: The Complete Guide.* Simkin, Whalley and Kepler
- *The Complete Book of Pregnancy and Childbirth.* Shelia Kitzinger
- *An Easier Childbirth: A Mother's Guide to Birthing Normally.* Gayle Peterson, Phd
- *The Thinking Woman's Guide to a Better Birth.* Henci Goer
- *Birthing From Within: An Extraordinary Guide to Childbirth Preparation.* Pam England and Rob Horowitz.
- *Active Birth: The new approach to giving birth naturally.* Janet Balaskas
- *A Good Birth, A Safe Birth.* Diana Korte and Roberta Scaer
- *The Vaccine Book.* Dr. Sears

Videos

- *Special Delivery.* Rahima Baldwin Darcy
- *Gentle Birth Choices.* Barbara Harper
- *Special Women.* Injoy Productions
- *Birth Into Being: The Russian Water Birth Experience.* Water birth International
- *Birthday.* Sage Femme Productions
- *Comfort Measures for Childbirth.* Penny Simkin
- *The Stages of Labor.* Injoy Productions

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