

**Specialists in Women's Healthcare  
Pregnancy Reading List**

<b>Title</b>	<b>Author</b>
<b><i>Prenatal and Birth Books</i></b>	
<i>The Thinking Woman's Guide to a Better Birth</i>	Henci Goer
<i>The Complete Book of Pregnancy and Childbirth</i>	Sheila Kitzinger
<i>Pregnancy, Childbirth and the Newborn</i>	Penny Simkin
<i>The Birth Partner (for the dads!)</i>	Penny Simkin
<i>Gentle Birth Choices</i>	Barbara Harper
<i>Birthing from Within</i>	Pamela England
<i>The Birth Book</i>	William and Martha Sears
<i>Mind Over Labor</i>	Carl Jones, et al
<i>Ina May's Guide to Childbirth</i>	Ina May Gaskin
<b><i>Breastfeeding Books</i></b>	
<i>The American Academy of Pediatrics New Mother's Guide to Breastfeeding</i>	American Acad of Pediatrics
<i>The Womanly Art of Breastfeeding</i>	La Leche League
<i>The Complete Book of Breastfeeding</i>	Marvin Eiger, et al
<i>Nursing Mother, Working Mother: The Essential Guide for Breastfeeding and Staying Close to Your Baby After You Return to Work</i>	Gale Pryor
<i>The Nursing Mother's Companion</i>	Kathleen Huggins