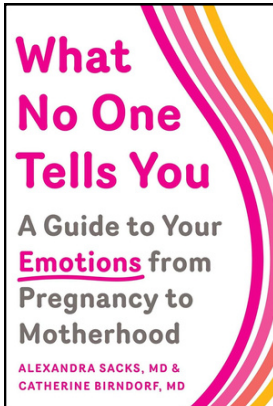


Reading List

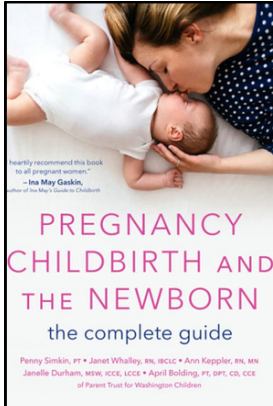


MY TOP RECOMMENDATIONS - MUST READS



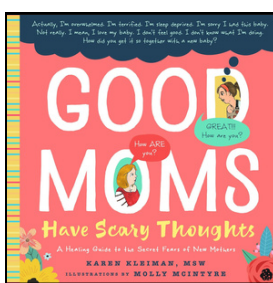
What No One Tells You: A Guide to Your Emotions from Pregnancy to Motherhood

by Dr. Alexandra Sacks & Dr. Catherine Birndorf



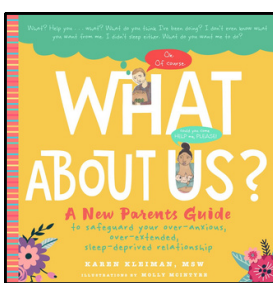
Pregnancy, Childbirth, and the Newborn: The Complete Guide

by Penny Simkin, Janet Whalley, Ann Keppler, Janelle Durham, & April Bolding



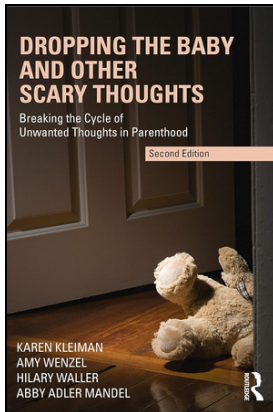
Good Moms Have Scary Thoughts: A Healing Guide to the Secret Fears of New Mothers

by Karen Kleiman



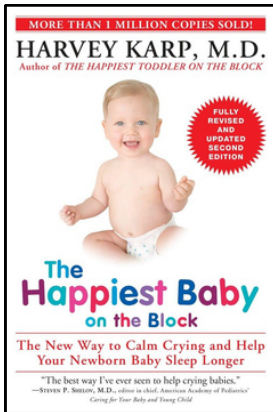
What About Us?: A New Parents Guide to Safeguarding Your Over-Anxious, Over-Extended, Sleep-Deprived Relationship

by Karen Kleiman



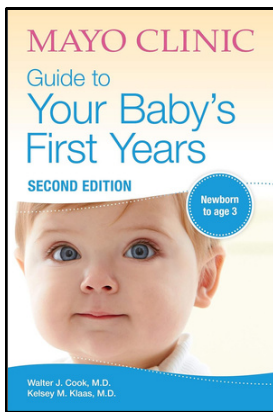
Dropping the Baby and Other Scary Thoughts; 2nd Edition

by Karen Kleiman, Amy Wenzel, Hilary Waller, & Abby Adler Mandel



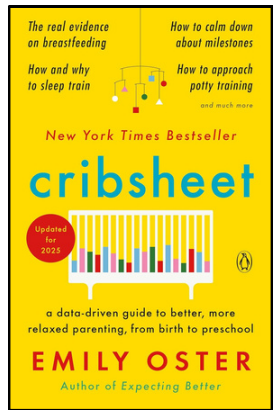
The Happiest Baby on the Block: The New Way to Calm Crying and Help Your Newborn Baby Sleep Longer

by Dr. Harvey Karp



Mayo Clinic Guide to Your Baby's First Years: Newborn to Age 3

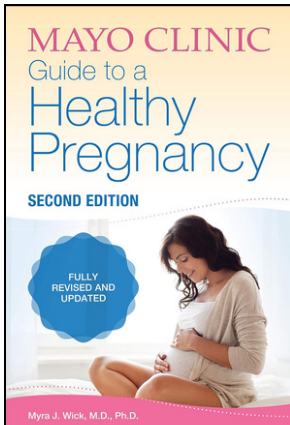
by Dr. Walter Cook & Dr. Kelsey Klaas



Cribsheet: A Data-Driven Guide to Better, More Relaxed Parenting, from Birth to Preschool

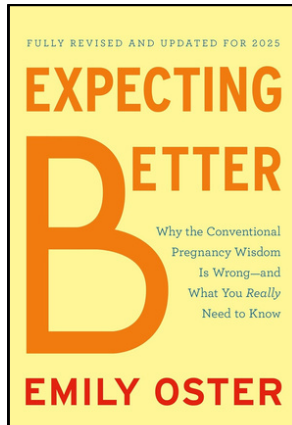
by Emily Oster

FOR PREGNANCY



Mayo Clinic Guide to a Healthy Pregnancy

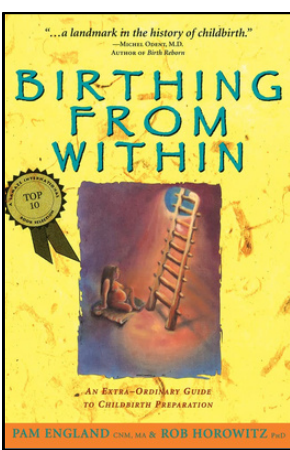
by Dr. Myra J. Wick



Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong—and What You Really Need to Know

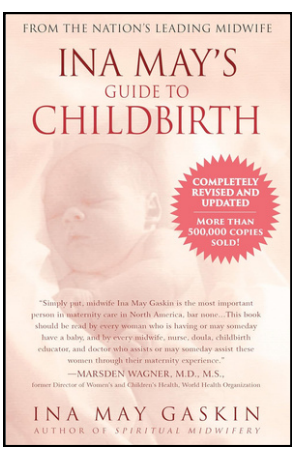
by Emily Oster

FOR LABOR & BIRTH



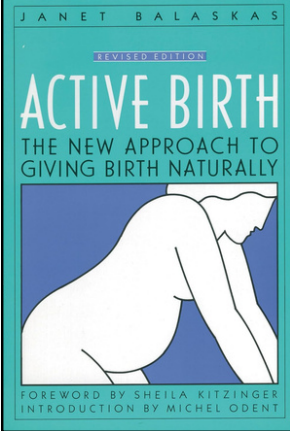
Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation

by Pam England & Rob Horowitz



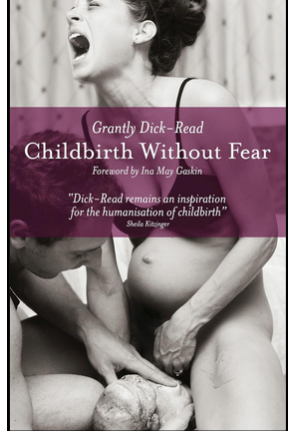
Ina May's Guide to Childbirth: "Updated With New Material"

by Ina May Gaskin



Active Birth: The New Approach to Giving Birth Naturally

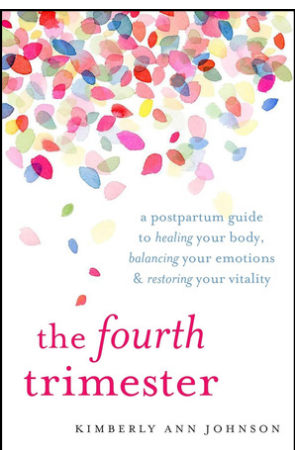
by Janet Balaskas



Childbirth Without Fear: The Principles and Practice of Natural Childbirth

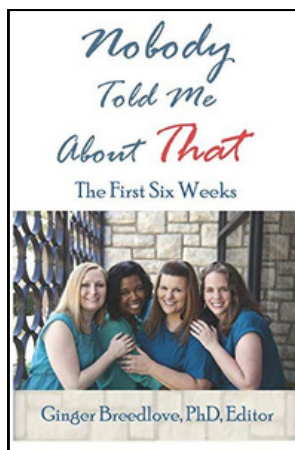
by Grantly Dick-Read

FOR POSTPARTUM



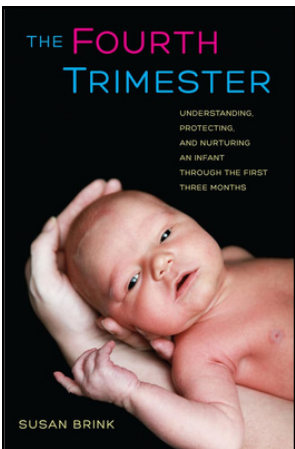
The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality

by Kimberly Ann Johnson



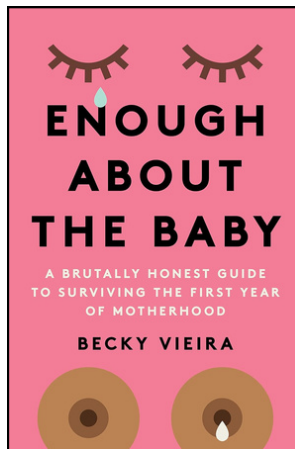
Nobody Told Me About That: The First 6 Weeks

by Ginger Breedlove



The Fourth Trimester: Understanding, Protecting, and Nurturing an Infant through the First Three Months

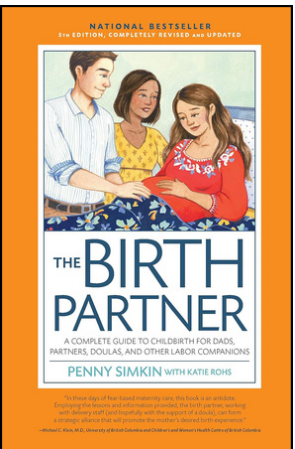
by Susan Brink



Enough About the Baby: A Brutally Honest Guide to Surviving the First Year of Motherhood

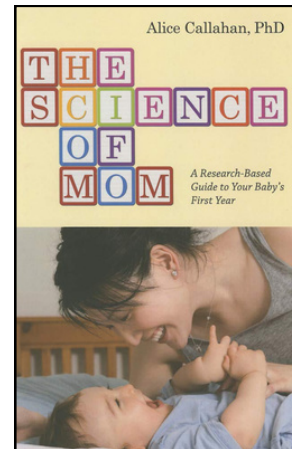
by Becky Vieira

FOR PARTNER/SUPPORT PERSON



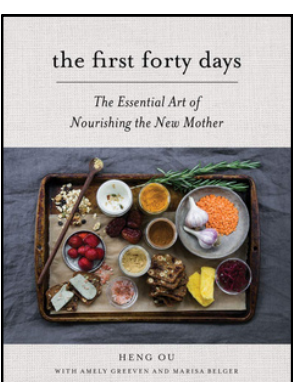
The Birth Partner 5th Edition: A Complete Guide to Childbirth for Dads, Partners, Doulas, and Other Labor Companions

by Penny Simkin



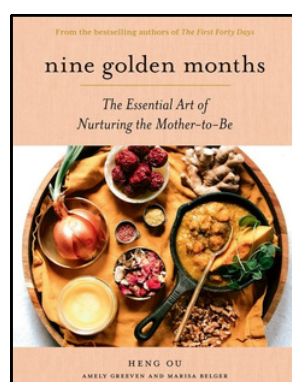
The Science of Mom: A Research-Based Guide to Your Baby's First Year

by Dr. Alice Callahan



The First Forty Days: The Essential Art of Nourishing the New Mother

by Heng Ou, Amely Greeven, & Marisa Belger



Nine Golden Months: The Essential Art of Nurturing the Mother-to-Be

by Heng Ou, Amely Greeven, & Marisa Belger