

Inner Light Birth Services – Recommended Reading List

PREGNANCY

Bountiful, Beautiful, Blissful: Experience the Natural Power of Pregnancy and Birth with Kundalini Yoga and Meditation - Gurmukh Kaur Khalsa and Cindy Crawford

Having a Baby, Naturally - Peggy O'Mara

Pregnancy, Childbirth, and the Newborn: The Complete Guide - Penny Simkin, Janet Whalley, and Ann Keppler

The Complete Book of Pregnancy and Childbirth - Sheila Kitzinger

The Natural Pregnancy Book: Herbs, nutrition, & other holistic choices - Aviva Jill Romm

LABOR AND BIRTH

Birthing From Within: An extraordinary guide to childbirth preparation - Pam England

The Birth Partner: Everything you need to know to help a woman through childbirth - Penny Simkin

Heart & Hands: A Midwife's Guide to Pregnancy and Birth - Elizabeth Davis

Ina May's Guide to Childbirth - Ina May Gaskin

Orgasmic Birth – Elizabeth Davis and Debra Pascali-Bonaro

Spiritual Midwifery – Ina May Gaskin

The Thinking Woman's Guide to a Better Birth - Henci Goer and Rhonda Wheeler

BREASTFEEDING

Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers – Nancy Mohrbacher and Kathleen Kendall-Tackett

The Complete Book of Breastfeeding – Marvin S. Eiger and Sally Wendkos Olds

The Nursing Mother's Companion - Kathleen Huggins

The Womanly Art of Breastfeeding - La Leche League International

PARENTING

The Attachment Parenting Book: A commonsense guide to understanding and nurturing your child - William Sears and Martha Sears

The Baby Book: Everything you need to know about your baby from birth to age two - William Sears and Martha Sears

Everyday Blessings: The inner work of mindful parenting – Myla Kabat-Zinn and Jon Kabat-Zinn

Naturally Healthy Babies & Children: A commonsense guide to herbal remedies, nutrition, and health - Aviva Jill Romm

WOMEN'S HEALTH AND FERTILITY

The Garden of Fertility: A guide to charting your fertility signals to prevent or achieve pregnancy – naturally – and to gauge your reproductive health - Katie Singer

Our Bodies, Ourselves: A new edition for a new era - The Boston Women's Health Book Collective

Taking Charge of Your Fertility: The definitive guide to natural birth control, pregnancy achievement, and reproductive health - Toni Weschler