

**READING LIST**  
**PREGNANCY AND CHILDBIRTH PREPARATION**

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The following books provide a wealth of information. Many are available at your local library. They can also be purchased At Wordsworth, Barnes & Noble, and Hartnett's bookstores or on line at Amazon.com.

**PREGNANCY**

- The Complete Guide to Pregnancy, Childbirth, Recovery & Baby Care, Terri Coloero, R.N.
- Your Pregnancy Week by Week, Glade Curtis
- The Mother of All Pregnancy Books & Unofficial Guide to Having a Baby, Ann Douglas
- Your Pregnancy & Birth, ACOG
- What to Expect When You're Expecting, Arlene Eisenberg\*
- Birth as a healing Experience, The Emotional Journey of Pregnancy through Postpartum, Lois Haxel Freedman
- The Pregnancy Journal, Christine Harris
- The Girlfriends Guide to Pregnancy, Vicki Jovine\*
- The Complete Book of Pregnancy and Childbirth, Sheila Kitzinger
- Well Pregnancy Book, Samuels et al
- The Pregnancy Book, William Sears
- Pregnancy, Childbirth, and Newborn, Penny Simkins
- From Conception to Birth: A Life Unfolds, Alexander Tsioris

**CHILDBIRTH**

- Natural Childbirth the Bradley Way, Susan McCincheon-Rosegg
- Pregnancy the Natural Way, Zita West
- Birthing From Within, Pam England
- An Easier Childbirth: A Mother's Guide for Birthing Normally, Gayle Peterson
- The VBAC Experience, Lynn Richards
- The Birth Book, William and Martha Sears
- Conception, Pregnancy, and Birth, Miriam Stoppard
- Easy Labor, Every Women's Guide to Choosing Less Pain and More Joy During Childbirth, William Camann & Kathryn Alexander

**PARTNER**

- The Expectant Father: Facts, Tips and Advice Armin Brott
- When Men are Pregnant: Needs and Concerns of Expectant Fathers, Jerrold Lee Shapiro
- The Birth Partner: Everything You Need to Know To Help a Woman Through Childbirth, Penny Simpkin
- Pickles and Ice Cream-A fathers Guide to Pregnancy Craig Bissinger\*

**BREASTFEEDING**

- The Working Woman's Guide to Breastfeeding Dana and Price
- The Complete Book of Breastfeeding, Marvin Eiger
- Breastfeeding: Pure and Simple, Gwen Gotsch
- The Nursing Mother's Companion, Kathleen Huggins
- The Womanly Art of Breastfeeding, Le Leche League International
- Breastfeeding Answer Book, Le Leche League International
- Breastfeeding and Working Moms, Mason and Ingersall

**NUTRITION**

- What to Eat When You're Expecting, Eisenberg
- Take 2 Crackers and Call Me in the Morning Miriam Erick
- Women's Guide to Eating During Pregnancy Martha Shulman
- Nutrition For a Healthy Pregnancy, Elizabeth Somer
- Eating expectantly – The Essential Easting and Cookbook for Pregnancy, Bridget Swinney
- Pregnancy and the Vegan Diet, Deborah Wasserman

**EXERCISE**

- Preparing For Birth with Yoga, Janet Balaskas
- Fit and Pregnant – The Pregnancy Guide to Exercise, Joan Butler
- Mother and Baby Exercise, Emma Scattergord
- Exercising Through Your Pregnancy, James Clapp
- Baby Yoga, Freedman
- Maternal Fitness, Julie Tupler

**TWINS**

- When You're Expecting Twins, Triplets Barbara Luke
- Everything You Need to Know to Have a Healthy Twin Pregnancy, Gila Leiter
- Having Twins, Elizabeth Noble\*
- About Twins, Sheila Retner

\*These books are available at The Center for Health Promotion and Wellness Multimedia Library at MIT Medical