

# peaceful parent happy kids

## **Recommended Pregnancy and Birth Books**

Go ahead, put your feet up and enjoy a cup of herbal tea. The accumulated experience and wisdom of generations of women is waiting for you.

Here is a small sampling of time-tested books so you can locate them easily the next time you visit the library.

For more recommendations based on age and select topics, please visit our website at **[PeacefulParentHappyKids.com](http://PeacefulParentHappyKids.com)**.

- 1. The Birth Book** by William Sears, MD & Martha Sears, RN
- 2. Birthing from Within** by Pam England
- 3. The Complete Book of Pregnancy & Childbirth** by Sheila Kitzinger
- 4. Creating Your Birth Plan: The Definitive Guide to a Safe and Empowering Birth** by Marsden Wagner
- 5. A Good Birth, A Safe Birth: Choosing and Having the Childbirth Experience You Want** by Diana Korte
- 6. Ina May's Guide to Childbirth** by Ina May Gaskin
- 7. Magical Beginnings, Enchanted Lives** by Deepak Chopra, MD & David Simon, MD
- 8. The Mother of All Pregnancy Books** by Ann Douglas

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**9. Mothering Magazine's Having a Baby, Naturally** by Peggy  
O'Mara

**10. The Thinking Woman's Guide to a Better Birth** by Henci Goer