

FAVORITE BOOKS LIST

Pregnancy and Childbirth Education

[The Mama Natural Week-by-Week Guide to Pregnancy & Childbirth by Howland, Mason & Winkler](#)

[Pregnancy Childbirth & the Newborn: The Complete Guide by Penny Simkin](#)

[Prepared Childbirth: The Family Way by Debbiw Amis & Jeanne Green](#)

[Wise Woman Herbal for the Childbearing Year by Susun Weed](#)

[Mind Over Labor: A Breakthrough Guide to Giving Birth by Carl Jones](#)

[Birth Partner 5th Edition: A Complete Guide to Childbirth for Dads, Partners, Doulas, and All Other Labor Companions](#)

[Hypnobirthing Home Study Course Manual: Step-by-Step Guide to an Easy, Natural and Pain Free Birth](#)

[Ina May's Guide to Childbirth](#)

[The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality](#)

[Mindful Birthing: Training the Mind, Body, and Heart for Childbirth and Beyond](#)

Nutrition

[Real Food for Pregnancy by Lily Nichols](#)

[Real Food for Gestational Diabetes by Lily Nichols](#)

[The Whole 9 Months: A Week-By-Week Pregnancy Nutrition Guide with Recipes for a Healthy Start](#)

[The 100 Healthiest Foods to Eat During Pregnancy: The Surprising Unbiased Truth about Foods You Should be Eating During Pregnancy but Probably Aren't](#)

[100 Best Foods for Pregnancy](#)

Newborn and Breastfeeding

[The Baby Book, Revised Edition: Everything You Need to Know About Your Baby from Birth to Age Two \(Sears Parenting Library\)](#)

[The Vaccine Book: Making the Right Decision for Your Child](#)

[The Nursing Mother's Companion, 7th Edition: The Breastfeeding Book Mothers Trust, from Pregnancy through Weaning](#)