

FLOAT: Chinese Medical Arts

Eastern Traditions. Modern Thinking.

Recommended Reading for the Childbearing Cycle

FERTILITY

- 1 **Taking Charge of Your Fertility, 10th Anniversary Edition**, by Toni Weschler
2. **The Infertility Cure: The Ancient Chinese Wellness Program for Getting Pregnant and Having Healthy Babies**, by Randine A Lewis, PhD.
3. **Making Babies: A Proven 3-Month Program for Maximum Fertility**, by Sami S. David, M.D., and Jill Blakeway, L.Ac.
4. **Fertility Wisdom: How Traditional Chinese Medicine Can Help Overcome Infertility**, by Angela C. Wu L.Ac. O.M.D., Katherine Anttila, and Betsy Brown

PREGNANCY

1. **Pregnancy, Childbirth, and the Newborn, Revised and Updated : The Complete Guide**, by Penny Simkin, Janet Whalley, Ann Keppler
2. **The Complete Book of Pregnancy and Childbirth** (Revised), by Sheila Kitzinger
3. **The Pregnancy Book: Month-by-Month, Everything You Need to Know From America's Baby Experts** (*Revised and Updated Edition*), by Martha Sears, R.N. & William Sears, M.D., Linda Hughey Holt, M.D., F.A.C.O.G.
4. **Heart & Hands: A Midwife's Guide to Pregnancy & Birth** (Revised Ed. 2004), by Elizabeth Davis
5. **Natural Healing for the Pregnant Woman**, by Elizabeth Burch
6. **Dreaming For Two: The Hidden Emotional Life Of Expectant Mothers**, by Sindy Greenberg, Hillary Grill, Elyse Kroll

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CHILDBIRTH

1. **Pregnancy, Childbirth, and the Newborn, Revised and Updated : The Complete Guide**, by Penny Simkin, Janet Whalley, Ann Keppler
2. **Ina May's Guide to Childbirth**, by Ina May Gaskin
3. **A Good Birth, A Safe Birth : Choosing and Having the Childbirth Experience You Want**, Third Revised Edition (1992), by Diana Korte
5. **The Thinking Woman's Guide to a Better Birth**, by Henci Goer, Rhonda Wheeler
6. **The Birth Partner: Everything You Need to Know to Help a Woman Through Childbirth**, by Penny Simkin
7. **Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation**, by Pam England, Rob Horowitz
8. **Rediscovering Birth**, by Sheila Kitzinger
9. **Childbirth without Fear : The Principles and Practice of Natural Childbirth**, by Michel Odent, Grantly Dick-Read
10. **Gentle Birth Choices: A Guide to Making Informed Decisions about Birthing Centers, Birth Attendants, Water Birth, Home Birth, and Hospital Birth**, by Barbara Harper R.N.
11. **The Birth Book : Everything You Need to Know to Have a Safe and Satisfying Birth**, by Martha Sears, R.N. & William Sears, M.D.
12. **Pushed: The Painful Truth About Childbirth and Modern Maternity Care**, by Jennifer Block
13. **Your Best Birth: Know All Your Options, Discover the Natural Choices, and Take Back Your Birth Experience**, by Ricki Lake, Abby Epstein and Jacques Moritz

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14. **The VBAC Companion : The Expectant Mother's Guide to Vaginal Birth After Cesarean**, by Diana Korte

BREASTFEEDING

1 **The Nursing Mother's Companion**, Fifth Revised Edition, by Kathleen Huggins

2. **The Breastfeeding Book : Everything You Need to Know About Nursing Your Child from Birth Through Weaning**, by Martha Sears, R.N. & William Sears, M.D.

3. **The Womanly Art of Breastfeeding, 6th Edition** (35th Anniversary edition), by La Leche League International

4. **Mothering Your Nursing Toddler**, by Norma Jean Bumgarner

5. **Adventures in Tandem Nursing: Breastfeeding During Pregnancy and Beyond**, by Hilary Flower

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