

Lending Library

These books are available to you to borrow throughout your pregnancy or postpartum. Please return them when you are finished, so that all clients can benefit from my collection. Thank you.



- ◇ **The Mama Natural week by week guide to Pregnancy and Childbirth**
Genevieve Howland
- ◇ **Real Food for Pregnancy: The Science and Wisdom of Optimal Prenatal Nutrition**
Lily Nichols
- ◇ **Nurture: A Modern Guide to Pregnancy, Birth, Early Motherhood—and Trusting Yourself and Your Body**
Erica Chidi Cohen
- ◇ **Ina May's Guide to Childbirth**
Ina May Gaskin
- ◇ **Expecting Better - Why the Conventional Pregnancy Wisdom is Wrong and What You Really Need to Know**
Emily Oster
- ◇ **New Active Birth - A concise guide to Natural Childbirth**
Janet Balaskas
- ◇ **The Birth Partner - A complete guide to Childbirth for Dads, Doulas, and all other labor companions**
Penny Simkin
- ◇ **Birthing From Within - an extra-ordinary guide to Childbirth Preparation** Pam England
- ◇ **Ancient Map for Modern Birth**
Pam England
- ◇ **Mind Over Labor: A Breakthrough Guide to Giving Birth** Carl Jones
- ◇ **Natural Hospital Birth: the best of both worlds**
Cynthia Gabriel
- ◇ **HypnoBirthing® The Mongan Method**
Marie F. Mongan, M.Ed., M.Hy.
- ◇ **Gentle Birth, Gentle Mothering - a Doctor's Guide to Natural Childbirth and Gentle Early Parenting Choices**
Sarah J. Buckley, MD

- ◇ **The Doula's Guide to Empowering Your Birth**
Lindsey Bliss
- ◇ **Transformed by Birth: Cultivating Openness, Resilience, and Strength for the Life Changing Journey from Pregnancy to Parenthood**
Britta Bushnell, PhD
- ◇ **Taking Charge of Your Fertility: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health**
Toni Weschler, MPH
- ◇ **Reclaiming Childbirth as a Rite of Passage: Weaving ancient wisdom with modern knowledge**
Rachel Reed
- ◇ **Mothering Multiples: Breastfeeding & Caring for Twins or more!**
Karen Kerkhoff Gromada
- ◇ **What To Do When You're Having Two: The Twins Survival Guide from Pregnancy Through the First Year**
Natalie Diaz
- ◇ **Eating for Pregnancy: Your Essential Month-by-Month Nutrition Guide and Cookbook**
Catherine Jones and Rose Ann Hudson
- ◇ **Placenta: the Forgotten Chakra**
Robin Lim
- ◇ **The First Forty Days - The Essential Art of Nourishing the New Mother**
Heng Ou
- ◇ **The Fourth Trimester - a Postpartum Guide to Healing Your Body, Balancing Your Emotions and Restoring Your Vitality**
Kimberly Ann Johnson
- ◇ **The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma**
Bessel van der Kolk
- ◇ **Preemies - Second Edition: The Essential Guide for Parents of Premature Babies**
Dana Wechsler Linden, Emma Trenti Paroli, and Mia Wechsler Doron
- ◇ **This Isn't What I Expected: Overcoming Postpartum Depression**
Karen R Kleiman

Is there a book you're interested in but you don't see it on the list? Ask me, I'm always looking to expand my library.

EMMA REYES