



Instinctive Beginnings

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Instinctive Beginnings Lending Library

DVDS

- *The Business of Being Born*
- *In The Womb*
- *All My Babies: A Midwife's Own Story*
- *Mother Touch: Nurturing Touch for Birth*
- *Pregnant in America*
- *Orgasmic Birth*
- *With Woman: A Documentary About Women, Midwives, & Birth*

BOOKS

PREGNANCY

- *Pregnancy, Childbirth, and the Newborn, Revised and Updated: The Complete Guide* by Penny Simkin
- *The Complete Book of Pregnancy and Childbirth* by Sheila Kitzinger
- *The Mother of All Pregnancy Books: The Ultimate Guide to Conception, Birth, and Everything In Between* by Ann Douglas
- *The Pregnancy Book: Month-by-Month, Everything You Need to Know From America's Baby Experts* by William and Martha Sears
- *Pregnancy the Natural Way* by Zita West
- *The Natural Pregnancy Book: Herbs, Nutrition and Other Holistic Choices* by Aviva Jill Romm
- *The Scientification of Love* by Michel Odent

- *A Holistic Guide to Embracing Pregnancy, Childbirth, and Motherhood* by Karen Salt
- *Reclaiming the Spirituality of Birth: Healing for Mothers and Babies* by Benig Mauger

BIRTH

- *Creating a Joyful Birth Experience: Developing a partnership with your unborn child for a healthy pregnancy, labor, and early parenting* by Lucia Capacchione and Sandra Bardsley
- *Mothering the Mother: How a Doula Can Help You Have a Shorter, Easier, and Healthier Birth* by Marshall Klaus, John Kennel, and Phyllis Klaus
- *Creating Your Birth Plan: The Definitive Guide to a Safe and Empowering Birth* by Marsden Wagner
- *Special Women: The Role of the Labor Assistant* by Paulina Perez and Cheryl Snedeker
- *Ina May's Guide to Childbirth* by Ina May Gaskin
- *The Birth Book: Everything You Need to Know to Have a Safe and Satisfying Birth* by William and Martha Sears
- *A Good Birth, A Safe Birth : Choosing and Having the Childbirth Experience You Want* by Diana Korte
- *Mother's Intention: How Belief Shapes Birth* by Kim Wildner
- *Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation* by Pam England
- *Spiritual Midwifery* by Ina May Gaskin
- *The Thinking Woman's Guide to a Better Birth* by Henci Goer
- *Active Birth: The New Approach to Giving Birth Naturally* by Janet Balaskas
- *Gentle Birth Choices: A Guide to Making Informed Decisions About Birthing Centers, Birth Attendants, Water Birth, Home Birth, Hospital Birth* by Barbara Harper & Suzanne Arms
- *Mothering Magazine's Having a Baby, Naturally: The Mothering Magazine Guide to Pregnancy and Childbirth* by Peggy O'Mara
- *Rediscovering Birth* by Sheila Kitzinger
- *An Easier Childbirth: A Mother's Guide for Birthing Normally* by Gayle Peterson
- *HypnoBirthing– The Mongan Method* by Marie F. Mongan

BREASTFEEDING

- *The Ultimate Breastfeeding Book of Answers : The Most Comprehensive Problem-Solution Guide to Breastfeeding from the Foremost Expert in North America* by Jack Newman
- *The Womanly Art of Breastfeeding-* La Leche League International
- *The Nursing Mother's Herbal* by Sheila Humphrey
- *Breastfeeding Special Care Babies* by Sandra Lang
- *The Breastfeeding Book: Everything You Need to Know About Nursing Your Child from Birth Through Weaning* by William and Martha Sears
- *The Complete Book of Breastfeeding* by Marvin S. Eiger and Sally Wendkos Olds
- *The Nursing Mother's Companion* by Kathleen Huggins
- *Nursing Mother, Working Mother: The Essential Guide for Breastfeeding and Staying Close to Your Baby After You Return to Work* by Gale Pryor
- *Adventures in Tandem Nursing* by Hilary Flower

SPECIALITY BOOKS

- *Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy* by Pam Vredevelt
- *Education & Counseling for Childbirth* by Sheila Kitzinger
- *Expecting Adam: A True Story of Birth, Rebirth, and Everyday Magic* by Martha Beck
- *Waiting for Daisy: A Tale of Two Continents, Three Religions, Five Infertility Doctors, an Oscar, an Atomic Bomb, a Romantic Night, and One Woman's Quest to Become a Mother* by Peggy Orenstein
- *Choosing Naia : A Family's Journey* by Mitchell Zuckoff
- *Ended Beginnings* by Claudia Panuthos
- *The Bereaved Parent* by Harriet Sarnoff Schiff
- *Swallowed by a Snake: The Gift of the Masculine Side of Healing* by Thomas R. Golden
- *Expectant Parent's Guide to Preventing a Cesarean Section* by Carl Jones
- *Fertility Wisdom* by Angela C. Wu

- *Silent Knife: Cesarean Prevention and Vaginal Birth after Cesarean (VBAC)* by Nancy Wainer Cohen
- *Open Season : A Survival Guide for Natural Childbirth and VBAC in the 90s (Critical Studies in Education & Culture)* by Nancy Wainer Cohen
- *The VBAC Companion: The Expectant Mother's Guide to Vaginal Birth After Cesarean* by Diana Korte
- *Natural Childbirth After Cesarean: A Practical Guide*
- *Vaginal Birth After Cesarean: The Smart Woman's Guide to VBAC* by Elizabeth Kaufmann
- *Artemis Speaks: VBAC Stories and Natural Childbirth Information* by Nan Koehler
- *Birth after Cesarean: The Medical Facts* by Dr. Bruce Flamm
- *Natural Birth After Cesarean: A Practical Guide* by Johanne C. Walters , Karis Crawford

PARENTING

- *The Lesbian Parenting Book: A Guide to Creating Families and Raising Children* by D. Merilee Clunis and G. Dorsey Green
- *The Expectant Father: Facts, Tips, and Advice for Dads-to-Be* by Armin A. Brott and Jennifer Ash

WOMEN'S HEALTH

- *Dr. Susan Love's Breast Book* by Susan M. Love