



## A Midwife for Better Birth

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### Recommended Reading List

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Anything by Sheila Kitzinger, especially:

*The Experience of Childbirth*

*Birth Your Way*

*Homebirth*

*The Complete Book of Pregnancy and Childbirth*

*Giving Birth: How it Really Feels*

*Breastfeeding Your Baby*

*Birth From Within* by Pam England

*Ina May's Guide to Childbirth* by Ina May Gaskin

Also by Ina May Gaskin, *Spiritual Midwifery*

*How to Raise a Healthy Child in Spite of Your Doctor*

by Robert S. Mendelsohn

*Birth Without Violence* by Frederick Leboyer