

## Reading Recommendations

I know there are so many books out there and it can be overwhelming to say the least to figure out what actually is good content to read. These are just some of what I have found to be solid books with valid information. They are widely accepted and used among birth workers around the world. Get them all or pick a few! For your convenience, I have attached links for each book to Amazon. Get it there, a used book store, or just to see what the cover looks like, but I sure hope you at least read one or two.

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

By Ina May Gaskin

### [Womanly Art of Breastfeeding](#)

By Diane Wiessinger and Diana West

### [The Birth Partner](#)

By Penny Simkin

### [The Vaccine Friendly Plan](#)

By Paul Thomas M.D. and Jennifer Margulis

### [Sweet Sleep by La Leche League](#)

By La Leche League International

### [The First Forty Days: The Essential Art of Nourishing the New Mother](#)

By Heng Ou

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

By Kimberly Ann Johnson

### [The Postnatal Depletion Cure: A Complete Guide to Rebuilding Your Health and Reclaiming Your Energy](#)

By Oscar Serrallach

