



*Southern Maryland Women's Healthcare, P.A.*

41680 Miss Bessie Drive, Suite 102 • Leonardtown, Maryland 20650

23127 Three Notch Road, Suite 104 • California, Maryland 20619

Phone: (301)997-1788 • Fax: (301)997-1790

[www.smwomenshealth.com](http://www.smwomenshealth.com)

## *Pregnancy, Childbirth, and After* *Book Recommendations*

- ⊕ Pea in a Pod - Linda Goldberg
- ⊕ Ina May's Guide to Childbirth - Gaskin
- ⊕ The Thinking Woman's Guide to a Better Birth - Goer
- ⊕ Obstetric Myths vs. Research Realities - Goer
- ⊕ Pregnancy, Childbirth, and the Newborn - Whalley
- ⊕ The Labor Progress Handbook - Simkin
- ⊕ The Birth Partner - Simkin
- ⊕ GentleBirth Choices - Harper
- ⊕ Active Birth - The New Approach to Giving Birth Naturally - Balaskas
- ⊕ Natural Hospital Birth - Gabriel
- ⊕ The Birth Book - Sears
- ⊕ The Complete Book of Pregnancy and Childbirth - Kitzinger
- ⊕ Rediscovering Birth - Kitzinger
- ⊕ The Doula Book - Klaus
- ⊕ Mothering the Mother - Klaus
- ⊕ Spiritual Midwifery - Gaskin
- ⊕ Birthing from Within - Pam England
- ⊕ Childbirth Without Fear- Grantly Dick-Read