

Recommended Reading & Watching

Ina May Gaskin: InaMay.com

Ina May's Guide To Childbirth
Spiritual Midwifery
Ina May's Guide To Breastfeeding

Pam England: BirthingFromWithin.com

Birthing From Within (& companion journal)
Labyrinth Of Birth

Ricki Lake & Abby Epstein: MyBestBirth.com

Your Best Birth
MOVIE: The Business Of Being Born & MORE Of The Business Of Being Born
(both available on Netflix Instant)

Penny Simkin: PennySimkin.com

The Birth Partner: A Complete Guide to Childbirth for Dads, Doulas, and All Other Labor Companions
Pregnancy, Childbirth, and the Newborn: The Complete Guide, 4th Edition
When Survivors Give Birth: Understanding and Healing the Effects of Early Sexual Abuse on the Childbearing Woman
Penny also has a great YouTube Channel worth checking out: PsfromPenny

Janet Balaskas: ActiveBirthCentre.com

Active Birth
Preparing for Birth With Yoga
Easy Exercises for Pregnancy

Sacred Pregnancy – Book – Website – Magazine: SacredPregnancy.com

Orgasmic Birth – Movie

ICAN {International Cesarean Awareness Network}: blog.ican-online.org

Cesarean Voices

Other Books:

The Thinking Woman's Guide To A Better Birth: Henci Goer & Rhonda Wheeler
Rediscovering Birth: Sheila Kitzinger
Gentle Birth Choices: Barbara Harper
Pregnancy and Childbirth Secrets: Gail J. Dahl
The VBAC Companion: The Expectant Mother's Guide to Vaginal Birth After Cesarean by Diana Korte
Dr Jack Newman's Guide to Breastfeeding: Jack Newman, MD and Teresa Pittman
Homeopathy for Pregnancy, Childbirth, and Baby's First Year by Miranda Castro
After the Baby's Birth: Robin Lim

YouTube Channels:

MidwiferyToday Spinningbabies WrapsodyBaby PsfromPenny Gaiam