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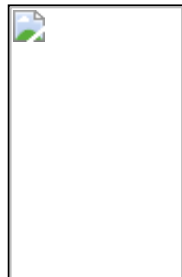
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## Pregnancy & Childbirth

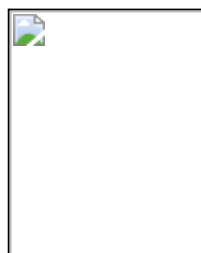
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### Featured Books



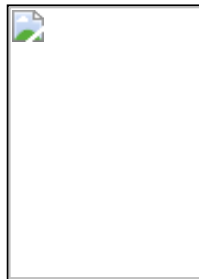
**Adventures in Natural Childbirth: Tales from Women on the Joys, Fears, Pleasures and Pains of Giving Birth Naturally.** Edited Janet Schwegel, foreword by Pam England, \$22.95


Natural childbirth has the potential to empower women by reinforcing their belief in themselves and their abilities. In *Adventures in Natural Childbirth*, editor Janet Schwegel delivers a wonderful collection of empowering personal stories from women on their journey through pregnancy, labor, and natural childbirth. Whether they birth with the help of a midwife, doula, physician or in some cases – unassisted – these women relate tales that capture the full range of emotions and physical sensations natural childbirth can evoke, and give readers a true sense of the joys and the hard work involved.



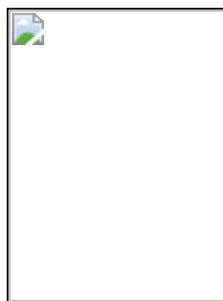
**The Complete Book of Pregnancy & Childbirth. 4th Edition.** Sheila Kitzinger, \$29.95

Out in paperback for the first time, this is a completely revised and updated version of the hugely popular, comprehensive and authoritative classic guide to pregnancy and childbirth. Accompanied by beautiful photographs, this week-by-week, month-by-month resource addresses the issues of greatest concern for expectant parents. Also available in hardcover, \$53.00



**The Complete Guide to Everyday Risks in Pregnancy & Breastfeeding: Answers to Your Questions about Morning Sickness, Medications, Herbs, Diseases, Chemical Exposures & More.** Dr. Gideon Koren & the Motherisk Program at the Hospital for Sick Children, Toronto. \$24.95 

"Recognized throughout the world, the Motherisk program at the Hospital for Sick Children provides counseling based on the most up-to-date information on substances or environmental factors that can cause birth defects. It's the largest program of its kind worldwide and has counseled over half a million women and their families and health professionals. Now this information has been compiled in a single, easy-to-understand volume that offers authoritative descriptions of the risks during pregnancy and breastfeeding. It is an invaluable and comprehensive reference for expecting and lactating mothers and their health care providers."



**Darn Good Advice: PREGNANCY.** Susan Warhus, illustrated by David Hitch, \$21.99

"Healthful eating habits, moderate exercise, and a generally healthy lifestyle are important first steps toward motherhood. *Darn Good Advice: PREGNANCY* covers these details and advises on coping with body changes during pregnancy, getting the dad-to-be involved and locating hospitals and essential support groups. The book features a step-by-step countdown to the day the baby is born."

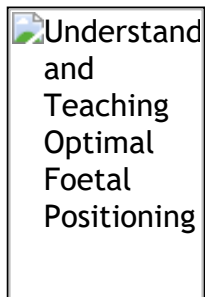
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**The Disabled Woman's Guide to Pregnancy and Birth.** Judith Rogers, \$33.50

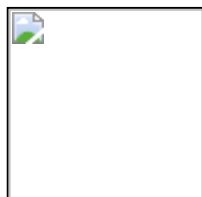
This comprehensive and useful guide is based on the experiences of ninety women with disabilities who chose to have children. In order to bring an intimate focus and understanding to the issues involved in being pregnant and disabled, author Judith Rodgers conducted in-depth interviews with women with 22 different types of disabilities and with a total of 143 pregnancies. Thoroughly researched and informative, this book is a practical guide both for disabled women planning for pregnancy and the health professionals who work with them.

**The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier and Healthier Birth.**



**2nd Edition.** Marshall Klaus, John Kennell and Phyllis Klaus, \$28.95

Expectant parents are increasingly choosing the help of a trained labour assistant, or doula, to support them during the birth of their children. The Doula Book is a completely updated edition of the authors' earlier classic, *Mothering the Mother* and is a warm, authoritative guide to helping families plan for the best possible birth and postpartum experience. Full of informative material including the research on doulas and their effect on birth, this is a terrific read for anyone considering hiring a doula.



**Finding Your Way: the Road to a Healthy Pregnancy.** Ken Murch Productions. DVD or VHS format, 18 minutes \$89.00

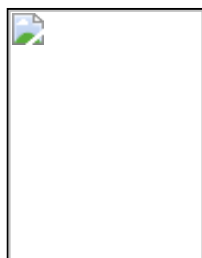
The choices a woman makes during her pregnancy will have a lifetime effect on her baby's health. Pregnancy is a good time to develop healthy lifestyle habits that will carry forward to parenthood.



**Gestational Diabetes: What to Expect, 5th edition.** American Diabetes Association, \$13.95

This newly revised and comprehensive guide for women with gestational diabetes explains what it is and how it might affect the baby, mother and the birth. This new edition includes numerous sample meal plans as well as information on exercise, insulin therapy and on monitoring blood glucose levels.

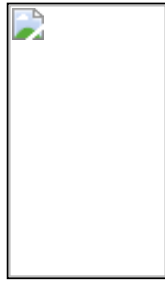
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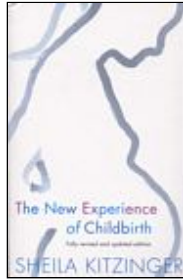
**Hey! Who's Having This Baby Anyway? What Every Woman Must Know about Childbirth.** Breck Hawk, \$25.95

Neonatal RN and nurse-midwife Breck Hawk reveals how many pregnant women can avoid serious repercussions from the drugs and unnecessary medical interventions that women often take for granted - simply by being aware of their basic patient rights and their options. *Hey! Who's Having This Baby Anyway?* gives power back to moms-to-be and shows them how they can make good, healthy and informed decisions.

**My Pregnancy and Breastfeeding Calendar.** Janet Rourke, \$12.50



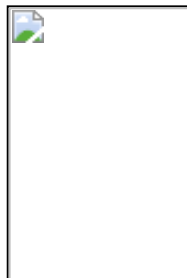
A pocket calendar and more, *My Pregnancy and Breastfeeding Calendar* is a 21 month agenda book that follows nine months of pregnancy and a year of breastfeeding. The months and dates are blank so Mom can personalize it. The calendar includes tips on exercise, diet and nutrition, common pregnancy aches and pains, fetal development, breastfeeding, babywearing, mood disorders, infant development, parenting and much more. It also includes a newborn feeding and diapering log and address book. A great gift, perfect for slipping into a pocket, purse or diaper bag.




**The New Experience of Childbirth. Fully Revised and Updated Edition.** Sheila Kitzinger, \$24.95

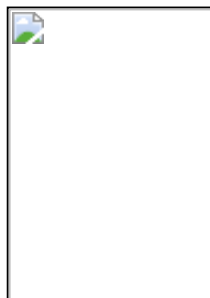
Sheila Kitzinger has rewritten her classic first book for a modern audience. Full of warmth, insight and positive birth experiences, *The New Experience of Childbirth* explores the emotional as well as the physical elements of birth and is a wonderful read for pregnant women, their partners and anyone fascinated by the psychological, social and cultural aspects of childbearing.

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**Nine Months Strong: Shaping Up for Labor and Delivery and the Toughest Physical Day of Your Life.** Karen Bridson, \$24.95 

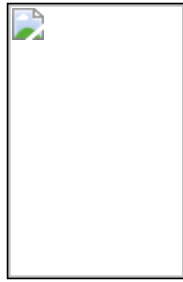
Karen Bridson is a certified personal trainer, marathon runner and running coach and a certified pre and postnatal fitness instructor. *Nine Months Strong* is Bridson's ultimate training guide for the "marathon of motherhood" - yoga and strength training exercises, swim workouts, cardio-fitness training, prenatal food plans, schedules for moms-to-be who run and much, much more. This is a clear and concise guide to having a healthy, fit pregnancy and recovery.



**The Official Lamaze Guide: Giving Birth with Confidence.** Judith Lothian & Charlotte DeVries, \$17.95

*The Official Lamaze Guide: Giving Birth with Confidence* presents childbearing as an elegant, simple, healthy process instead of an experience fraught with danger.

**The Pocket Doula: a Labor Partner's Guide to Surviving Childbirth.** Christine Wallace, \$14.95



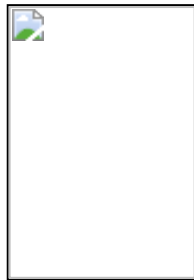
This handy little pocket guide to labor is written specifically for the labor partner. Designed for easy, quick access to concise information it offers a wealth of ideas for helping the laboring woman.



**Prenatal Tests: the Facts.** Lachlan de Crespigny & Frank Chervenak, \$22.95

In order to make informed decisions about the sometimes bewildering array of tests offered during pregnancy, parents need clear and relevant information about the purpose, the timing and the risks, as well as details of how the test will actually be performed. *Prenatal Tests: the Facts* is arranged by stage of pregnancy, giving parents-to-be the information they need in order to make informed decisions for themselves and their baby.

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**Pregnancy Blues: What Every Woman Needs to Know about Depression During Pregnancy.** Shaila Kulkarni Misri, \$33.00

"The numbers are surprising: up to 70 percent of pregnant women experience some degree of depressive symptoms and of those, 12 percent meet the diagnostic criteria for major depression. Although it is at least as common as postpartum depression, which occurs after a child's birth, pregnancy-related depression is often cloaked in silence, shame, and denial. *Pregnancy Blues* lifts the veil on this heartbreaking and very treatable illness, examining the key social and biological factors that can come together during pregnancy to create a climate in which depression thrives, as well as offering the many effective treatments that are available."

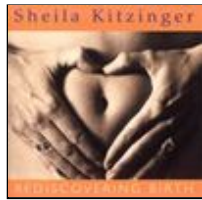


**The Pregnant Woman's Comfort Book: a Self-Nurturing Guide to Your Emotional Well-Being During Pregnancy and Early Motherhood, Revised Edition.** Jennifer Loudon, \$25.50

"With the wit, humor, and style that have made her *Comfort Book* series so popular, mother Jennifer Loudon brings her wisdom to the sometimes wonderful, sometimes overwhelming world of pregnancy. From the blissful moments to the panic attacks, Loudon guides

women through the precarious emotional terrain of pregnancy and early motherhood with exercises, tips, and advice on a wide range of subjects, including:

- Your changing body image and self-esteem
- Fears about your relationship with your partner
- A rational approach to eating (and eating and eating)
- Dream exploration and the creation of a pregnancy comfort journal
- The joyous – and chaotic – first months of motherhood"

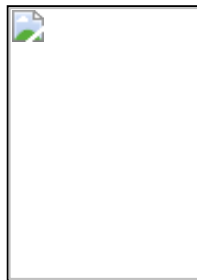


**Rediscovering Birth.** Sheila Kitzinger, \$42.95

In her most satisfyingly cross-cultural work since *Ourselves as Mothers*, Kitzinger caps her forty year career as the world's best-known childbirth educator with a very beautiful book. Families, new and experienced, midwives, doulas, anyone interested in the physical and spiritual experience of giving birth will treasure this profusely illustrated volume. Those seeking to prepare themselves to make informed choices about their own pregnancy and birth experienced will welcome Kitzinger's wisdom and compassion.

"What is so good about Sheila Kitzinger's books is not just her easy style and elegant use of words, but also the freshness of her approach. Open-minded, unshockable, non-judgemental, solid as a rock in her own integrity..."  
 – New Generation (National Childbirth Trust)

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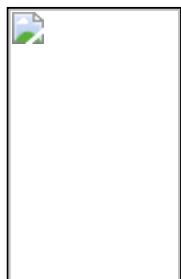


**The Simple Guide to Having a Baby.** Penny Simkin, Janet Whalley & Ann Keppler, \$17.95

"*The Simple Guide to Having a Baby* is short, simple and easy to follow. It holds your hand and walks you through pregnancy and childbirth, covering what you need to know about being pregnant, giving birth and taking care of your baby. It includes advice on what to do and what not to do during pregnancy, easy exercises to help you stay healthy and feel better, information on what to expect during labor and birth, coping skills for childbirth pain, and helpful hints on breastfeeding and being a parent."

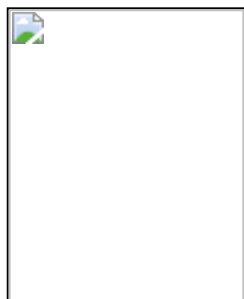
[More from Penny Simkin](#)





**Sit Up and Take Notice! Positioning Yourself for a Better Birth.** Pauline Scott, \$27.95

Being aware of where a baby is lying in your pelvis can make all the difference in the experience of labour and birth. The journey through the pelvis is a marvelous feat of engineering that works best if you understand the design and how maternal posture during pregnancy and labour affect fetal positioning. Written by Pauline Scott, co-author with midwife Jean Sutton of the popular book for professionals *Understanding and Teaching Optimal Fetal Positioning*, this is a must-read book for pregnant women, their caregivers, doulas and childbirth educators.



**Your Plus-Size Pregnancy: the Ultimate Guide for the Full-Figured Expectant Mom.** Brette McWhorter Sember, \$19.95

"This groundbreaking book is the first to offer encouragement, information, and resources to all the plus-size moms who are in the midst of adding to their families. Written in a friendly and supportive tone, this book takes a rational (and non-hysterical) look at what the studies about weight and pregnancy really mean, and offers practical advice."

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## Complete Booklist

### Resources for Families

Active Birth, (Revised Edition). Janet Balaskas, \$20.95

Adventures in Natural Childbirth: Tales from Women on the Joys, Fears, Pleasures and Pains of Giving Birth Naturally. Edited Janet Schwegel, foreword by Pam England, \$22.95

The Birth Book: Everything You Need To Know to Have a Safe and Satisfying Birth. W. Sears & M. Sears, \$19.95

The Birth Partner: Everything You Need to Know to Help a Woman through Childbirth, Penny Simkin, \$20.95

Birthing from Within. Pam England & Rob Horowitz, \$26.95

A Bun in the Oven: the REAL Guide to Pregnancy. Kaz Cooke, \$25.95

Cesarean Recovery. Chrissie Gallagher-Mundy, \$19.95

The Complete Book of Pregnancy and Childbirth, 4th Edition. Sheila Kitzinger, \$29.95; Hardcover \$53.00

Comfort Measures for Childbirth. Penny Simkin, (45 Minute Video), \$57.95

Darn Good Advice: PREGNANCY. Susan Warhus, illustrated by David Hitch, \$21.99

Days In Waiting: a Guide to Surviving Pregnancy Bedrest. Mary Ann Mccann, \$19.95

The Disabled Woman's Guide to Pregnancy and Birth. Judith Rogers, \$33.50

The Doula Advantage: Your Complete Guide to Having an Empowered and Positive Birth with the Help of a Professional Childbirth Assistant. Rachel Gurevich, \$20.00

The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier and Healthier Birth. Klaus, et al. \$28.95

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Easing Labor Pain: the Complete Guide to a More Comfortable and Rewarding Birth. Adrienne Liebermann, \$21.95

Finding Your Way: the Road to a Healthy Pregnancy. Ken Murch Productions. DVD or VHS format, 18 minutes \$89.00

Gentle Birth Choices: a Guide to Making Informed Decisions about Birthing Centers, Birth Attendants, Water Birth, Homebirth and Hospital Birth. Barbara Harper, \$28.95 (Includes 45 minute DVD)

Gestational Diabetes: What to Expect. American Diabetes Association, \$15.95

The Girlfriend's Guide to Pregnancy: or Everything Your Doctor Won't Tell You. Vicki Iovine, \$21.00

A Good Birth, a Safe Birth. Revised Edition. Diana Korte & Roberta Scaer, \$23.95

Having a Baby, Naturally: The Mothering Magazine Guide to Pregnancy and Childbirth. Peggy O'Mara, \$28.50

Hey! Who's Having This Baby Anyway? What Every Woman Must Know about Childbirth. Breck Hawk, \$25.95

Hip Mama Survival Guide. Ariel Gore, \$20.00

Homeopathic Medicines for Pregnancy and Childbirth. Richard Moskovitz, \$25.50

HypnoBirthing: the Mongan Method. Marie Mongan, \$28.95

The Midwifery Option: a Canadian Guide to the Birth Experience. Miranda Hawkins & Sarah Knox, \$27.95

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Mind Over Labor. Carl Jones, \$19.50

Misconceptions: Truth, Lies and the Unexpected on the Journey to Motherhood. Naomi Wolf, \$21.00

The Mother of All Pregnancy Books. Ann Douglas, \$26.99

My Pregnancy and Breastfeeding Calendar. Janet Rourke, \$12.50

Multiple Sclerosis and Having a Baby: Everything You Need to Know About Conception, Pregnancy and Parenthood. Judy Graham, \$20.95

The Natural Pregnancy Book: Herbs, Nutrition and Other Holistic Choices. Aviva Jill Romm, \$26.95

Natural Ways to Relieve the Common Discomforts of Pregnancy. Carl Jones, \$4.95

The New Experience of Childbirth, Revised & Updated. Sheila Kitzinger, \$24.95

The New Well Pregnancy Book, Completely Revised and Updated. Mike Samuels & Nancy Samuels, \$27.00

Nutrition for a Healthy Pregnancy: The Complete Guide to Eating Before, During, and After Your Pregnancy, 2nd Edition. Elizabeth Somer, \$24.95

The Official Lamaze Guide: Giving Birth with Confidence. Judith Lothian & Charlotte DeVries, \$17.95

The Pocket Doula: a Labor Partner's Guide to Surviving Childbirth. Christine Wallace, \$14.95

Pregnancy and Birth - the Best Evidence: Making Decisions that are Right for You and Your Baby. Joyce Barrett & Teresa Pitman, \$26.95

Pregnancy Blues: What Every Woman Needs to Know about Depression During Pregnancy. Shaila Kulkarni Misri, \$33.00

The Pregnancy Book. William Sears, Martha Sears, Linda Hughey Holt, \$19.95

Pregnancy, Childbirth and the Newborn, 3rd Edition. Penny Simkin, et al, \$24.95

The Pregnant Woman's Comfort Book: a Self-Nurturing Guide to Your Emotional Well-Being During Pregnancy and Early Motherhood, Revised Edition. Jennifer Loudon, \$25.50

Prenatal Tests: the Facts. Lachlan de Crespigny & Frank Chervenak, \$22.95

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Rediscovering Birth. Sheila Kitzinger, \$42.95

Relaxation, Rhythm, Ritual: the 3 R's of Childbirth. Penny Simkin, \$47.95,

VHS video, 15 minutes

The Simple Guide to Having a Baby. Penny Simkin, Janet Whalley & Ann Keppler, \$17.95

Sit Up and Take Notice! Positioning Yourself for a Better Birth. Pauline Scott, \$27.95

The Thinking Woman's Guide to a Better Birth. Henci Goer, \$23.50

The Ultimate Guide to Pregnancy for Lesbians: How to Stay Sane and Care for Yourself from Preconception through Birth. Rachel Pepper, \$22.95

Understanding Pregnancy and Childbirth, Revised & Updated. Sheldon Cherry & Douglas Moss, \$24.99

VBAC Companion. Diana Korte, \$24.95

Your Vegetarian Pregnancy: a Month-by-Month Guide to Health and Nutrition. Holly Roberts, \$24.00

Welcoming Your Second Baby. Vicki Lansky, \$14.95

What To Expect When You're Expecting, 3rd ed. Arlene Eisenberg et al, \$21.95

Wise Woman Herbal for the Childbearing Year. Susun Weed, \$13.95

Your Plus-Size Pregnancy: the Ultimate Guide for the Full-Figured Expectant Mom. Brette McWhorter Sember, \$19.95

Your Pregnancy After 35. (Rev. Ed.) Glade B. Curtis & Judith Schuler, \$22.95

Your Second Pregnancy: What to Expect This Time. Katie Tamony, \$22.95

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### **Pre- and Postnatal Fitness**

Birgitta Gallo's Expecting Fitness: How to Modify and Enjoy Your Exercise Program throughout Your Pregnancy. Birgitta Gallo with Sheryl Ross, \$29.95

Essential Exercises for the Childbearing Year, 4th Edition. Elizabeth Noble, \$29.95

Everymom's Prenatal Exercise and Relaxation Video. \$43.95

Exercises for Pregnancy and Recovery. Debra Levinson, (Video), \$29.95

Nine Months Strong: Shaping Up for Labor and Delivery and the Toughest Physical Day of Your Life. Karen Bridson, \$24.95

The Pilates Pregnancy: Maintaining Strength, Flexibility and Your Figure. Mari Winsor with Mark Laska, \$29.95

Yoga for Pregnancy. S. Jordan, \$18.99

Yoga Journal's Prenatal Yoga with Shiva Rea. (60 Minute Video), \$28.95

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