



# Lending Library

## *Resources for Pregnancy, Birth, and Postpartum*

If you see something you think would help on your journey,  
reach out for availability!

### Doula/Midwifery

The Doula Book  
The Birth Partner  
The Doula's Guide to Empowering Your Birth  
Medical Bondage  
Spiritual Midwifery  
The Doula Business Guide  
The Labor Progress Handbook  
Optimal Care in Childbirth  
Witches, Midwives, and Nurses  
Essential Oils  
The Gentle Art of Newborn Family Care

### Body Work

The Art and Business of Teaching Yoga  
Teaching Yoga  
Yoga Anatomy  
Architecture of Human Living Fascia  
Core Awareness  
Exercising Through Your Pregnancy

### Pregnancy

Preparing for a Gentle Birth  
Pregnancy & Postpartum Anxiety Workbook  
Pregnancy, Childbirth and the Newborn  
The Mama Natural; Pregnancy and Childbirth Nurture  
We're Pregnant! First Time Dad's Guide  
What to Expect When You're Expecting  
Ina May's Guide to Childbirth  
Babies Are Not Pizzas  
Mayo Clinic Guide to a Healthy Pregnancy  
Real Food for Pregnancy  
Your Pregnancy Week by Week  
Expecting Better

### Labor/Birth

Your Baby, Your Birth  
The Calm Birth Method  
Active Birth  
Childbirth Without Fear  
Birth Without Fear  
Mindful Birthing  
Natural Hospital Birth  
Hypnobirthing  
Birth in Four Cultures

### Newborn

Babywise  
The Wonder Weeks  
The Happiest Baby on the Block  
Secrets of the Baby Whisperer  
Your Baby's First Year  
Heading Home with Your Newborn  
The Happiest Baby  
Guide to Great Sleep  
What to Expect: The First Year  
Baby 411

### Postpartum

Good Moms Have Scary Thoughts  
The First Forty Days  
The Fourth Trimester  
The Postnatal Depletion Cure  
Healing Your Body Naturally After Childbirth  
The Womanly Art of Breastfeeding  
The Postpartum Husband  
Crib Sheet

### Healing

When Things Fall Apart  
The Shit No One Tells You  
Why Did No One Tell Me This  
This isn't What I Expected  
Birth Trauma  
Healing Your Birth Story  
Miscarriage Map  
My Cesarean  
The Essential C-Section Guide

### Children/Parenthood

Toddler 411  
Ordinary Insanity  
Parenting with Purpose  
Raising Good Humans  
Attached at the Heart  
Oh Crap! Potty Training  
Parent hacks  
Raising your Spirited Child

### Black Lives Matter / Feminism

Delivered by Midwives  
Birthing Justice  
Medical Bondage  
Reproductive Justice  
Killing the Black Body  
The Doctors Blackwell  
Come as you Are  
White Fragility  
How to be an Antiracist  
Birthing a Movement  
Medical Apartheid  
Melanoid Breastmilk  
Battling Over Birth  
The Women who Caught the Babies  
Colonize This