

## **Blooma's Non-Fear-Based Reading List & Resources**

A list a few of our favorites to inspire you.

*Ina May's Guide to Childbirth* by Ina May Gaskin

*Ina May's Guide to Breastfeeding* by Ina May Gaskin

*Spiritual Midwifery* by Ina May Gaskin

*Birth Matters* by Ina May Gaskin

*The Birth Partner* by Penny Simkin

*Bountiful, Beautiful, Blissful* by Gurmukh Kaur Khalsa

*Birthing from Within* by Pam England

*Belly Mapping* by Gail Tully (Minnesota author!)

*The Thinking Woman's Guide to a Better Birth* by Henci Goer

*Mind Over Labor* by Carl Jones, Marian Thompson and Emmett E. Miller

*Baby Catcher: Chronicles of a Modern Midwife* by Peggy Vincent

*Everyday Blessings: the Inner Work of Mindful Parenting* by Jon Kabat-Zinn

*The Happiest Baby on the Block* by Harvey Karp, MD

*Your Amazing Newborn* by M.D. Marshall H. Klaus and M.F.T. Phyllis Klaus

*Labyrinth of Birth: Creating a Map, Meditations and Rituals for Your Childbearing Year* by Pam England

*The Nursing Mother's Companion* by Kathleen Huggins

*Infant Massage* by Vimala Schneider McClure

### **Websites:**

WholeBirthResources.com

BirthPower.com

DONA.org

MidwiferyToday.com

SpinningBabies.com

ChildbirthCollective.org

### **Music/DVDs:**

*Bliss and Grace* by Snam Kaur    *Lifescapes: Pure Relaxation* (from Target)

Postnatal DVD with Gurmukh

### **Articles:**

"Information Overload" [www.wholebirth.com/article\\_info\\_overload.htm](http://www.wholebirth.com/article_info_overload.htm)

"Trusting Birth in a Technological Era" [www.wholebirth.com/article\\_trust.htm](http://www.wholebirth.com/article_trust.htm)

"Looking into the Eyes of the Dragon: Working with Fears During Pregnancy"

[www.wholebirth.com/article\\_dragon.htm](http://www.wholebirth.com/article_dragon.htm)

