

ICAN Reading List

This list of books and podcasts was generated by our amazing Chapter Leaders!

Pregnancy/Childbirth

- [Gentle Birth, Gentle Mothering](#) by Dr. Sarah J. Buckley
- [Ina May's Guide to Childbirth](#) by Ina May Gaskin
- [The Thinking Woman's Guide to a Better Birth](#) by Henci Goer
- [Optimal Care in Childbirth: The Case for a Physiologic Approach](#) by Henci Goer and Amy Romano
- [Gentle Birth Choices](#) by Barbara Harper
- [ReDiscovering Birth](#) by Sheila Kitzinger
- [An Easier Childbirth: A Mother's Guide for Birthing Normally](#) by Gayle Peterson
- [Hands Off My Belly!: The Pregnant Woman's Survival Guide to Myths, Mothers, and Moods](#) by Shawn A. Tassone , Kathryn M. Landherr
- [Having a Baby Naturally](#) by Peggy O'Mara
- [Childbirth without Fear](#) by Grantly Dick Read
- [The Birth Book](#) by Dr. Bill and Martha Sears
- [Pregnancy, Childbirth, and the Newborn: The Complete Guide](#) by Penny Simkin
- [Prenatal Parenting](#) by Dr Fred Wirth
- [Wise Childbearing](#) by Jeannette Bilheimer
- [Birth Skills](#) by Juju Sundin
- [Mindful Birthing](#) by Nancy Bardacke
- [The Gift of Giving Life: Rediscovering the Divine Nature of Pregnancy and Birth](#) by Felice Austin, etc
- [The Birth Partner](#) by Penny Simkin
- [Pregnancy & Childbirth](#) by Sheila Kitzinger
- [Birth Your Way](#) by Sheila Kitzinger
- [The Doula Book: How a Trained Labor Companion Can Help You Have a Shorter, Easier, and Healthier Birth](#) by Kennell and Klaus
- [Natural Hospital Birth: The Best of Both Worlds](#) by Cynthia Gabriel
- [Your Best Birth: Know All Your Options, Discover the Natural Choices, and Take Back the Birth Experience](#) by Ricki Lake, Abby Epstein, Jacques Moritz
- [Baby Catcher: Chronicles of a Modern Midwife](#) by Peggy Vincent
- [A Good Birth: Finding the Positive and Profound in Your Childbirth Experience](#) by Anne Lyerly
- [Labors of Love A Doula's Birth Stories](#) by Penny Bussell Stansfield
- [The Labor Progress Handbook](#) by Penny Simkin
- [Giving Birth with Confidence](#) by Judith Lothian and Charlotte DeVries

- Christ Centered Childbirth by Kelly J. Townsend
- The Lord of Birth by Jennifer A Vanderlaan
- Active Birth: The New Approach to Giving Birth Naturally by Janet Balaskas
- The Positive Birth Book: A New Approach to Pregnancy, Birth and the Early Weeks by Milli Hill
- The Mama Natural Week-by-Week Guide to Pregnancy and Childbirth by Genevieve Howland
- Husband-Coached Childbirth by Robert Bradley
- Natural Childbirth the Bradley Way by Susan McCutcheon
- Hypnobirthing by Marie Mongan
- Mind Over Labor by Carl Jones
- Heart & Hands: A Midwife's Guide to Pregnancy & Birth by Elizabeth Davis, Linda Harrison (Illustrator), & Suzanne Arms (Photographer)
- Expectant Parent's Guide to Preventing a Cesarean Section by Carl Jones
- Mother Rising: The Blessingway Journey Into Motherhood by Yana Cortland
- Spiritual Pregnancy: Develop, Nurture & Embrace the Journey to Motherhood by Shawn A. Tassone Tassone and Kathryn M. Landherr Landherr
- Magical Beginnings, Enchanted Lives by Deepak Chopra M.D., David Simon M.D., David Simon, Vicki Abrams
- Sacred Pregnancy: A Loving Guide and Journal for Expectant Moms by Anni Daulter, Elena Rego, Alexandra DeFurio, Cristy Nielson, Ina May Gaskin
- Witchy Mama: Magickal Traditions, Motherly Insights & Sacred Knowledge by Melanie Marquis, Emily A. Francis
- Birth Your Story: Why Writing about Your Birth Matters by Jaime Fleres
- Orgasmic Birth: Your Guide to a Safe, Satisfying, and Pleasurable Birth Experience by Elizabeth Davis and Debra Pascali-Bonaro
- Real Food for Pregnancy: The Science and Wisdom of Optimal Prenatal Nutrition by Lily Nichols
- Real Food for Gestational Diabetes: An Effective Alternative to the Conventional Nutrition Approach by Lily Nichols
- Optimal Foetal Positioning by Jean Sutton, Pauline Scott
- How Will I Be Born: Optimal Foetal Positioning Explained by Jean Sutton
- Labyrinth of Birth: Creating a Map, Meditations, and Rituals for Your Childbearing Year by Pam England
- The Doula's Guide to Empowering Your Birth by Lindsey Bliss
- Instinctive Birthing: Heeding Your Inner Voice by Val Clarke , Helen Massay-Alstrom
- Nurturing New Families: A guide to supporting parents and their newborn babies by Naomi Kemeny
- It Sucked and Then I Cried: How I Had A Baby, A Breakdown, And A Much Needed Margarita by Heather Armstrong
- Yoga for Pregnancy, Birth, and Beyond by Francoise Barbira Freedman
- Prenatal Yoga and Natural Childbirth by Jeannine Parvati Baker
- Iyengar Yoga for Motherhood: Safe Practice for Expectant & New Mothers by Geeta S. Iyengar
- And Baby Makes Three by John Gottman

- Birth Without Fear: The Judgment-Free Guide to Taking Charge of Your Pregnancy, Birth, and Postpartum by January Harshe

Advocacy/Birth Politics/History

- Pushed by Jennifer Block
- BIRTH: The Surprising History of How We Are Born by Tina Cassidy
- Birth as an American Rite of Passage by Robbie E. Davis-Floyd
- Birth Models that Work by Robbie Davis-Floyd
- Ways of Knowing about Birth: Mothers, Midwives, Medicine, and Birth Activism by Robbie Davis-Floyd
- Brought to Bed: Childbirth in America, 1750-1950 by Judith Leavitt
- The American Way of Birth by Jessica Mitford
- Expecting Trouble by Thomas Strong
- Born in the USA- How a Broken Maternity System Must be Fixed to Put Women and Children First by Marsden Wagner
- Pursuing the Birth Machine by Marsden Wagner
- Lying-in: A History of Childbirth in America by Richard Wertz
- Doulas & Intimate Labour: Boundaries, Bodies & Birth edited by Angela N. Castañeda and Julie Johnson Searcy, forward by Robbie Davis-Floyd
- Immaculate Deception & Immaculate Deception II by Suzanne Arms
- Birth in Four Cultures by Brigitte Jordan
- Birth Day: A Pediatrician Explores the Science, the History, and the Wonder of Childbirth by Mark Sloan MD
- Spiritual Midwifery by Ina May
- A Good Birth, A Safe Birth: Choosing and Having the Childbirth Experience You Want by Diana Korte, Roberta Scaer
- Homebirth in the Hospital: Integrating Natural Childbirth with Modern Medicine by Stacey Marie Kerr
- Expecting Better: Why the Conventional Pregnancy Wisdom Is Wrong-and What You Really Need to Know by Emily Oster
- Birth Matters: A Midwife's Manifesta by Ina May Gaskin and Ani DiFranco
- Cut It Out: The C-Section Epidemic in America by Theresa Morris
- Vaginal Politics: A Midwife Story by Judy Lee, Bette L. Waters
- Do We Need Midwives? by Michel Odent
- Obstetric Myths Versus Research Realities by Henci Goer
- Your Baby's Microbiome: The Critical Role of Vaginal Birth and Breastfeeding for Lifelong Health by Toni Harman, Alex Wakeford
- Misconceptions by Naomi Wolf
- Mother's Intention by Kim Wildner
- Impact of Birthing Practices on Breastfeeding by Linda J. Smith and Mary Kroeger
- Cesarean Section: An American History of Risk, Technology, and Consequence by Jacqueline H. Wolf
- Your Medical Mind: How to Decide What Is Right for You by Jerome Groopman MD, Pamela Hartzband MD
- The Birth Conspiracy Natural Birth, Hospitals, and Doulas: A Guide by Rivka Cymbalist and Sara Hartland-Rowe
- Babies are Not Pizzas! They are Born Not Delivered! by Rebecca Dekker PhD

Cesarean and Physical Recovery

- [Cesarean Recovery](#) by Chrissie Gallagher-Mundy
- [Ending Female Pain](#) by Isa Herrera
- [The Silent Knife](#) by Nancy Wainer Cohen & Lois J. Estner
- [Homebirth Cesarean: Stories and Support for Families and Healthcare Providers](#) by Courtney Jarecki (and the companion workbook)
- [The Essential C-Section Guide: Pain Control, Healing at Home, Getting Your Body Back, and Everything Else You Need to Know About a Cesarean Birth](#) by Maureen Connolly and Dana Sullivan
- [Strategies for the C-Section Mom: A Complete Fitness, Nutrition, and Lifestyle Guide](#) by Mary Beth Knight
- [The Female Pelvis Anatomy & Exercises](#) by Blandine Calais-Germain
- [Wild Feminine: Finding Power, Spirit & Joy in the Female Body](#) by Tami Lynn Kent
- [Essential Exercises for the Childbearing Year: A Guide to Health and Comfort Before and After Your Baby Is Born](#) by Elizabeth Noble
- [The Caesarean](#) by Michel Odent
- [Birth Reborn: What Childbirth Should Be](#) by Michel Odent
- [Get Through Childbirth in One Piece: How to Prevent Episiotomies and Tearing](#) by Elizabeth G. Bruce
- [After the Baby's Birth: A Complete Guide for Postpartum Women](#) by Robin Lim and Marcia Barnett-Lopez
- [The Fourth Trimester: A Postpartum Guide to Healing Your Body, Balancing Your Emotions, and Restoring Your Vitality](#) by Kimberly Ann Johnson
- [The Fourth Trimester Companion](#) by Cynthia Gabriel
- [The First Forty Days: The Essential Art of Nourishing the New Mother](#) by Heng Ou
- [My Caesarean: Twenty-One Mothers on the C-Section Experience and After](#) by Amanda Fields

VBAC

- [Vaginal Birth After Cesarean: The VBAC Handbook](#) by Helen Churchill
- [Artemis Speaks: VBAC Stories and Natural Childbirth Information](#) by Nan Koehler
- [The VBAC Companion: The Expectant Mother's Guide to Vaginal Birth After Cesarean](#) by Diana Korte
- [The Silent Knife](#) by Nancy Wainer Cohen & Lois J. Estner
- [Natural Childbirth After Cesarean: A Practical Guide](#) by Crawford and Walters
- [Birthing Normally After a Cesarean or Two](#) by H. L. Ne Vadeboncoeur
- [Open Season: A Survival Guide for Natural Childbirth and VBAC](#) by Nancy Wainer Cohen
- [Birth After Cesarean: The Medical Facts](#) by Bruce L. Flamm
- [Second Chance: A Mother's Quest for a Natural Birth after a Cesarean](#) by Thais Nye Derich
- [Don't Cut Me Again! True Stories About Vaginal Birth After Cesarean](#) by Angela Hoy
- [Birthing the Easy Way. . . by Someone Who Learned the Hard Way](#) by Sheila Stubbs
- [Brave Beautiful Birth: Trusting God Through VBAC](#) by Jaimie Schrock
- [Give Birth a Chance: How to Prepare for an Empowered VBAC](#) by Ilia Blandina CNM

Traumatic Birth / Emotional Healing / Postpartum Mood Disorders

- Birth From Within by Pam England
- Ancient Map for Modern Birth by Pam England
- Cesarean Voices by ICAN
- A Good Birth: Finding the Positive and Profound in Your Childbirth Experience Kindle Edition by Anne Lyerly
- A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years by Ruta Nonacs, MD, PhD
- Ended Beginnings: Healing Childbearing Losses by Claudia Panuthos, Catherine Romeo & Peggy O'Mara
- This Isn't What I Expected: Overcoming Postpartum Depression by Karen Kleiman and Valerie Raskin
- Mothering the New Mother: Women's Feelings and Needs After Childbirth a Support and Resource Guide by Sally Placksin
- Cut, Stapled and Mended: When One Woman Reclaimed Her Body and Gave Birth on Her Own Terms After Cesarean, a memoir by Roanna Rosewood
- One Mom's Journey to Motherhood: Infertility, Childbirth Complications, and Postpartum Depression, Oh My! By Ivy Shih Leung
- Heal Your Birth Story: Releasing the Unexpected by Maureen Campion
- When Survivors Give Birth by Penny Simkin
- Beyond the Blues by Pec Indman and Shoshanna Bennett
- What am I Thinking? Having a Baby after Postpartum Depression by Karen Kleiman
- Life will Never be the Same: The Real Mom's Postpartum Survival Guide by Ann Dunnewold & Diane Sanford
- The Mother-to-Mother Postpartum Depression Support Book by Sandra Poulin
- Understanding Your Moods When You're Expecting: Emotions, Mental Health & Happiness Before, During & After Pregnancy by Lucy Puryear
- The Pregnancy & Postpartum Anxiety Workbook by Pamela Weigartz
- Understanding Postpartum Psychosis: A Temporary Madness by Teresa Twomey
- How to Heal a Bad Birth: Making sense, making peace and moving on by Melissa J Buijn and Debby A Gould
- Empty Arms: Coping With Miscarriage, Stillbirth and Infant Death by Sherokee Ilse
- A Silent Sorrow: Pregnancy Loss - Guidance and Support for You and Your Family by Ingrid Kohn and Perry-Lynn Moffitt
- Rebounding from Childbirth: Toward Emotional Recovery by Lynn Madsen
- A Gift of Time: Continuing Your Pregnancy When Your Baby's Life is Expected to be Brief by Kuebelbeck and Deborah L. Davis
- Dancing with Midwives: A Memoir of Art and Grief by Ann Faison
- I'm Listening: A Guide to Supporting Postpartum Families by Jane I. Honikman
- Trauma and Recovery: The Aftermath of Violence by Judith L. Herman
- Ghostbelly by Elizabeth Heineman
- The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions by Pamela S. Wiegartz, Kevin L. Gyoerkoe
- The Hidden Feelings of Motherhood: Coping with Stress, Depression, and Burnout by Kathleen A. Kendall-Tackett
- The Smiling Mask: Truths about Postpartum Depression and Parenthood by Tania Bird, Elita Paterson, Carla O'Reilly, Peggy Collins
- The Body Remembers, Volume 1 and Volume 2 by Babette Rothschild

- Companioning at a time of Perinatal Loss by Jane Heustis and Marcia Jenkins

Podcasts

- The Birth Hour
- The Fear Free Childbirth Podcast
- Healthy Births Happy Babies
- The Birthful Podcast
- Dearest Doula
- Taking Back Birth
- The Informed Pregnancy
- Birth, Baby, & Life
- Birth Allowed Radio
- Evidence Based Birth
- Dr. Stu's Podcast
- Doing it at Home
- Free Birth Society
- Birth Without Fear
- VBAC Link
- Nourishing the Mother
- Good Birth for All
- Bad Ass Mother Birther
- The Birth Junkie