

# Recommended Books

## ***Learning the method***

Taking Charge of Your Fertility – Toni Weschler

Garden of Fertility – Katie Singer

Justisse Method Fertility Awareness and Body Literacy – Geraldine Matus

Natural Family Planning: The complete approach – John and Sheila Kippley (Catholic orientation)

## ***Hormonal Health***

Fertility, Cycles, and Nutrition – Marilyn Shannon

Coming off the Pill – Megan LaLonde and Geraldine Matus

Hormone Deception – D. Lindsay Berkson

The Pill: Are you *sure* it's for you? – Jane Bennet and Alexandra Pope

Period Repair Manual – Lara Briden

## ***Infertility***

Conquering Infertility – Alice Domar

Natural Solutions to Infertility – Marilyn Glenville

## ***Nutrition***

In Defense of Food – Michael Pollan

Real Food – Nina Planck

## ***Specific Stages of life***

Cycle Savvy: The Smart Teen's Guide to the Mysteries of Her Body – Toni Weschler

New Menopausal Years – Susan Weed

The Seven Standards of Ecological Breastfeeding – Sheila Kippley

## ***Women's health/studies/sexuality***

Women's Bodies, Women's Wisdom – Christiane Northrup

A New View of a Woman's Body – The Federation of Feminist Women's Health Centers

Our Bodies, Ourselves – The Boston Women's Health Collective

The V book – Elizabeth Stewart and Paula Spencer

Let Me Count the Ways: Discovering Great Sex Without Intercourse – Marty Klein and Riki Robbins

## ***Pre-Conception, Pregnancy, Birth, Parenting***

Parenting Begins Before Conception – Carista Luminare Rosen

The Natural Way to Better Babies – Francesca Naish

The Continuum Concept – Jane Liedloff

The Diaper Free Baby – Christine Gross-Loh

How to Talk so Kids Will Listen and Listen so Kids Will Talk – Adele Faber and Elaine Mazlish

Pride and Joy: The Lives and Passions of Women Without Children – Terry Casey