

Dr. Bradley, founder of the Bradley Method of Natural Childbirth, gives the principles behind the method. He is credited with bringing husbands into the labor and delivery experience.


Dr. Tom Brewer reveals the truth about diet and drugs in pregnancy, and gives the guidelines for the Brewer Diet to stay healthy and low risk during pregnancy.


How to prepare children for the birthing experience and welcoming a new sibling.


Exploring the option of birth centers, an alternative to hospitals.


A Bradley teacher gives practical advice, exercises, and consumer insight necessary to achieving a natural birth.


Choices such as preparation classes, location of birth, and health care providers are discussed.


The classic handbook on everything a woman needs to know to breastfeed a baby.

A guide to all the birth options available to parents.


Techniques for coping with pain without drugs.


Nurturing your family beyond the birth experience.


How to actively help a woman through labor and delivery.


Relaxation exercises to prepare for a natural childbirth.


How to avoid unnecessary cesareans.


The wisdom inherent in the natural process is shown while revealing how modern birth practices evolved, challenging commonly held beliefs, and exploring the subjects of pain and fear in birth.


Discovering and treating unrecognized allergies in children and adults.


A guide to prenatal practices, birth alternatives, infant care, and parenting decisions for the 90s.


A midwife's guide to pregnancy and birth.


A reference guide to substances that could affect your unborn baby.


The lifelong effects of the birth experience.

Compelling evidence that the unborn child is a feeling, remembering being who responds to and is deeply influenced by his environment.

Scientific discoveries about the mind and personality of the newborn.