

I Deserve Birth Support

Online Course for Pregnant & New Mamas



Dr. Aviva's Book List

- *Real Food for Pregnancy and Real Food* by Lily Nichols
- *Nurture* by Erica Chidi Cohen
- *The Natural Pregnancy Book: Herbs, Nutrition, and Other Holistic Choices* by Aviva Romm
- *Spiritual Midwifery* by Ina May Gaskin
- *Hypnobirthing: The Breakthrough to Safer, Easier, More Comfortable Childbirth* by Marie Mongan
- *Ina May's Guide To Childbirth Transformation Through Birth*
- *Fearless Birthing* by Alexia Leachman
- *Birthing From Within* by Pam England and Rob Horowitz
- *Natural Childbirth The Bradley Way* by Susan Mccutcheon
- *Birth Partner* by Penny Simkin
- *Natural Health After Birth* by Aviva Romm
- *The Fourth Trimester* by Kimberly Ann Johnson
- *The Continuum Concept* by Jean Liedloff