



SET APART

C O L L E C T I V E

Welcome to the Set Apart Collective reading list!

*If you have any questions or need more guidance please
email us: thesetapartcollective@gmail.com*

THE SAC READING LIST

WELCOME to the beginning of one of the most rewarding decisions you have ever made! To begin, you are required to read a minimum of five (5) books prior your training date in order to receive your certification.

Do your best to read a book from each section. This is also a perfect way to begin your ever-growing library of books to reference over time. Books with the (*) are highly recommended. Tip: Order as many used books as possible! The best site to order used books from is [Thriftbooks.com](https://www.thriftbooks.com).

BIRTHWORK

- Birthing Justice: Black Women, Pregnancy, and Childbirth- Julia Oparah*
- Battling Over Birth: Black Women and the Maternal Health Care Crisis- Julia Oparah
- Pushed: The Painful Truth About Childbirth and Modern Maternity Care- Jennifer Block*
- Special Women - Paulina Perez
- The Doula Book - Klaus, Klaus, Kennell
- Birth – Tina Cassidy*
- The Doulas Guide to Empowering Your Birth- Lindsey Bliss*

LABOR SUPPORT

- The Nurturing Touch at Birth - Paulina Perez
- The Birth Partner - Penny Simkin*
- The Labor Progress Handbook 4th edition - Penny Simkin, Ruth Ancheta*
- Easing Labor Pain - Adrienne Lieberman
- Ina May's Guide to Childbirth – Ina May Gaskin*
- Mindful Birthing – Nancy Bardacke

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PREGNANCY AND BIRTH

- Pregnancy, Childbirth & the Newborn - Simkin, Whalley, Kepler
- Natural Hospital Birth- Cynthia Gabriel*
- Birth Without Fear- January Harshe*
- Birthing from Within: An Extra-Ordinary Guide to Childbirth Preparation- Pam England*
- Optimal Care in Childbirth – Henci Goer & Amy Romano
- Your Best Birth – Ricki Lake
- A Good Birth, A Safe Birth - Diana Korte & Roberta Scaer
- Childbirth Without Fear- Grantly Dick-Read*

BREASTFEEDING

- The Big Letdown- Kimberly Seals Allers*
- Skimmed- Andrea Freeman*
- Latch- Robin Kaplan, M.Ed. , IBCLC*
- The Ultimate Breastfeeding Book of Answers - Dr. Jack Newman & Teresa Pitman
- The Womanly Art of Breastfeeding - La Leche League International*
- Breastfeeding Made Simple – Nancy Morbacher & Kathleen Kendall-Tackett
- Ina May's Guide to Breastfeeding – Ina May Gaskin

SPECIAL SITUATIONS

- The VBAC Companion - Diana Korte*
- When Hello Means Goodbye - Kirk & Schweibert*
- When Survivors Give Birth – Penny Simkin

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HERBALISM

- Wise Woman Herbal For The Childbearing Year- Susan Weed*
- Wise Woman Herbal Healing Wise- Susan Weed
- Herbal Healing for Women- Rosemary Gladstar
- Herbs for Children's Health- Rosemary Gladstar
- An Encyclopedia of Natural Healing for Children and Infants- Mary Bove
- The Complete Book of Essential Oils for Mama and Baby- Christina Anthis

NUTRITION

- Mother Food: A Breastfeeding Diet Guide- Hilary Jacobson
- Real Food for Pregnancy: The Science and wisdom of optimal prenatal nutrition- Lily Nichols RDN, CDE
- The First Forty Days: The Essential Art of Nourishing the New Mother- Heng Ou*
- How Not to Die- Michael Greger, M.D., FACLM