



## **Doulaing The Doula Certification Book Club Reading List**

In creating our book list, we wanted to consider books that would help expand your mind and help you grow. However, we also considered cost, whether they were audio or e-book versions, and raising up less well known voices. You are free to choose one book in each category to read for that book club meeting.

Many of these topics are of interest to doulas and we want to provide a positive environment for discussion, exploration, and growth.

### **Perspectives on Birth Work and Doulas**

- *Doulas and Intimate Labour: Boundaries, Bodies, and Birth* (2015), Angela Castaneda, Demeter Press, Ontario, Canada - Chapters 6, 7, 8, and 9
- *Birth Work as Care Work: Stories from Activist Birth Communities* (2016), Alana Apfel and Silvia Federici, PM Press/Kairo, Oakland, CA
- *Ways of Knowing About Birth: Mothers, Midwives, Medicine and Birth Activism* (2017), Robbie Davis-Floyd -, Waveland Press, Inc., Long Grove, IL chapters 1-4,

### **Stillbirth, Loss and Grief**

- *Holding Space: On Loving, Dying and Letting Go* (2017), Amy Wright Glenn, Parallax Press, Berkeley, CA
- *A Silent Sorrow: Pregnancy Loss* (2000), Ingrid Kohn, MSW, and Perry-Lynn Moffit with Isabelle A. Wilkins, MD, Routledge, London United Kingdom
- *Cultivating The Doula Heart: Essentials for Compassionate Care* (2018), Francesca Lynn Arnoldy, [www.contemplativedoula.com](http://www.contemplativedoula.com)
- *At A Loss* (2019), Donna Rothert PH.D, Open Air Books, Ontario, Canada

### **Politics of Birth**

- *The Big Letdown* (2017), Kimberly Seals-Allers, St. Martin's Press, New York City, NY
- *The Doulas: Radical Care for Pregnant People* (2016), Mary Mahoney and Lauren Mitchell, City University of New York (CUNY)
- *The Business of Baby* (2013), Jennifer Margulis, Charles Scribner's Sons Publishing Company, New York City, NY
- *Medical Bondage* (2017), Deidre Cooper Owens, University of Georgia Press, Athens, GA



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### **Black Health, Midwifery and Motherhood**

- We Live for the We: The Political Power of Black Motherhood (2019), Dani McClain, Bold Type Books, New York City, NY
- Revolutionary Mothering: Love On The Front Lines (2016), Alexis Pauline Gumbs, PM Press/Kairo, Oakland, CA
- Birthing Justice: Black Women, Pregnancy, and Childbirth (2016), Edited by Julia Chinyere Oparah and Alicia D. Bonaparte, Routledge, London United Kingdom
- Battling Over Birth: Black Women and The Maternal Health Care Crisis (2017), by Oparah, Arega, et al., Paraeclarus Press, Amarillo, TX

Video The Invisible Black Woman Epidemic, Red Table Talk with Jada Pinkett Smith:

<https://www.facebook.com/watch/?v=3666773203428989>

### **Postpartum Experience**

- The Fourth Trimester: A postpartum guide to *healing* your body, *balancing* your emotions & *restoring* your vitality (2017), Kimberly Ann Johnson, Shambala Publications/Boulder, CO
- Nurturing Beginnings: Guide to Postpartum Care for Doulas and Community Outreach Workers (2014), Debra Pascalie-Bonaro and Jane Arnold with Marcia Ringel, Self Published
- Nurturing The Family: A Doula's Guide To Supporting New Parents (2019), by Jacqueline Kelleher, Paraeclarus Press, Amarillo, TX
- Homebirth Cesarean: Stories and Support for Families and Healthcare Providers (Courtney Key Jarecki, Incisio Press/Portland, OR

### **Sexually Marginalized Peoples/Queer Birth and Parenting**

- Beyond the Gender Binary (2020), by Alok Vaid-Menon, Penguin Random House, New York City, NY
- Pregnant Butch: Nine Long Months Spent in Drag (2014), by A.K. Summers, soft Skull Press, New York City, NY
- Where's The Mother? Stories From A Transgender Dad by Trevor McDonald (2016)
- The Natural Mother of the Child: A Memoir of Nonbinary Parenthood (2021) by Krys Malcolm Belc