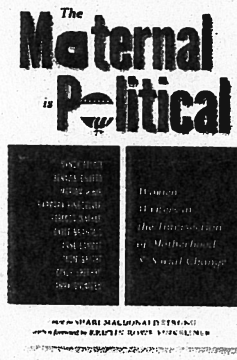


In *Mother Nurture: A Mother's Guide to Health in Body, Mind, and Intimate Relationships*, Rick Hanson, PhD, Jan Hanson, LAc, and Ricki Pollycove, MD, bring their collective expertise in Chinese and Western medicine, nutrition, and psychology to conquering what they call Depleted Mother Syndrome. (And a big Thank You to the authors just for giving an official name to the toll taken on mothers' bodies, minds, and spirits.) It's an exceptional resource; I particularly liked the section on "Nurturing Your Intimate Relationship," which offers fine ideas on how to maintain a romantic partnership while raising children. (Penguin, 2002)

In *The Yummy Mummy Manifesto: Baby, Beauty, Balance, and Bliss*, attachment mama Anna Johnson shares her creative approaches to sensuous self-nourishment during pregnancy and early motherhood. Graceful and funny, Johnson's writing is a treat in itself, and her reflections on becoming a mom are right-on. (The chapter on pregnancy and sexual desire, "Confessions of the Horny Pear," is worth the price of the book.) Johnson is all about giving yourself a break, delighting in your senses, and feeling beautiful, no matter your shape. Indeed, her eye for and utter enjoyment of fashion design raises dressing well to a healing art, and her gorgeous, boldly colored illustrations just add to the volume's allure. I loved it! (Ballantine, 2008)

*The New Essential Guide to Lesbian Conception, Pregnancy & Birth*, by Stephanie Brill, director of the nationally recognized Maia Midwifery & Preconception Services in Orinda, California, covers everything from insemination methods to coparenting arrangements. Whatever your questions, this comprehensive manual will answer them. (Alyson Books, 2006)

*The Maternal Is Political: Women Writers at the Intersection of Motherhood & Social Change*, edited by Shari MacDonald Strong, features a stellar collection of women writers and political figures—from Barbara Kingsolver to Cindy Sheehan, Susie Bright to the late Benazir Bhutto—discussing the multifaceted ways in which changing the world is inextricably wed to daily childrearing choices. (Seal Press, 2008)



*A Deeper Shade of Blue: A Woman's Guide to Recognizing and Treating Depression in Her Childbearing Years*, by Ruta Nonacs, MD, PhD, outlines the symptoms of depression during and after pregnancy, and explains how to manage them through psychotherapy and medication. Some may be put off by Nonacs's clinical tone, but her in-depth investigation of the issue is extremely valuable. (Simon & Schuster, 2007)

*The Baby Bonding Book for Dads: Building a Closer Connection with Your Baby*, by James di Properzio and Jennifer Margulis, pairs instruction in the essentials of infant care with Christopher Briscoe's captivating black-and-white photographs of fathers nurturing their young ones. This little treasure makes a lovely gift for an expectant or new dad. (Willow Creek Press, 2008; [www.willowcreekpress.com](http://www.willowcreekpress.com))

*The Parents' Concise Guide to Childhood Vaccinations: Practical Medical and Natural Ways to Protect Your Child*, by Lauren Feder, MD, presents a very readable discussion of the pros and cons of specific vaccinations, and of vaccines in general. Feder includes alternatives to the standard vaccination schedule, an excellent "Safe Shot Strategy" that advises on how best to prepare for vaccination, and information about prophylactic homeopathic treatments and other natural therapies. Note: The emphasis of this worthy book is on elucidation, not documentation; if you're looking for lots of footnoted research, seek elsewhere. (Hatherleigh Press, 2007)

Judy Arnall's *Discipline Without Distress: 135 Tools for Raising Caring, Responsible Children Without Time-out, Spanking, Punishment, or Bribery* is a thorough, detailed manual of nonviolent ways to address common behavior problems for every age, from toddler to teen. (Professional Parenting Canada, 2007; [www.professionalparenting.ca](http://www.professionalparenting.ca))

*Mindful Movements: Ten Exercises for Well-Being*, by the venerated Vietnamese Buddhist monk Thich Nhat Hanh, features a series of simple exercises meant to stretch the body and focus the mind after long periods of meditation (or, for our readers, nursing!). Wietske Vriezen's whimsical colored-pencil drawings depict the



Opposite: An illustration from Anna Johnson's *The Yummy Mummy Manifesto*