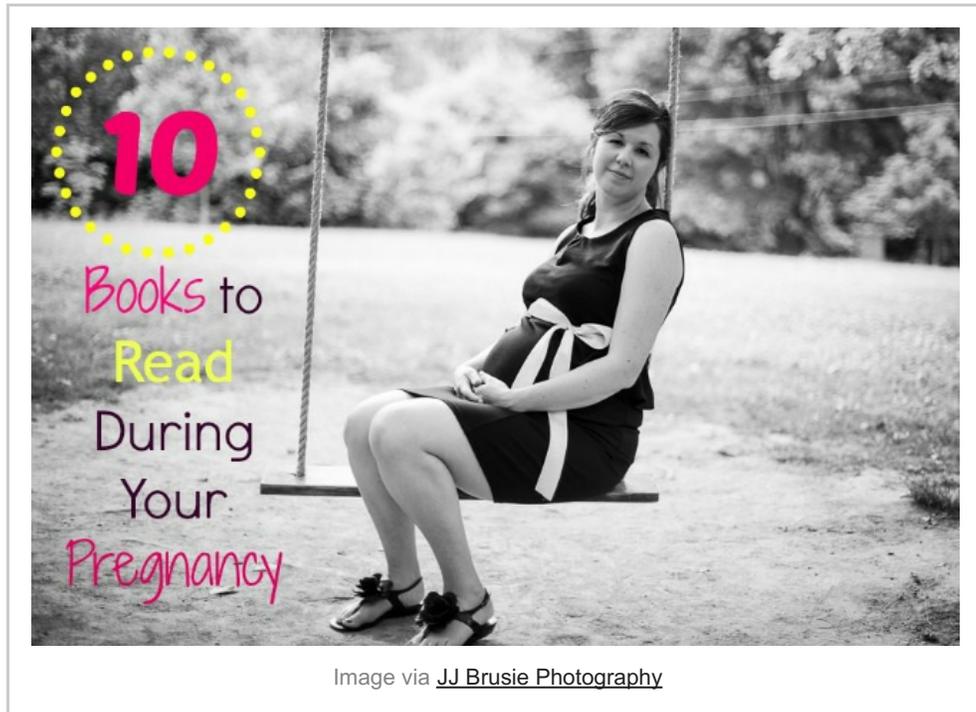


# My Top 10 Favorite Pregnancy Books

 [www.everydayfamily.com/blog/my-top-10-favorite-pregnancy-books/](http://www.everydayfamily.com/blog/my-top-10-favorite-pregnancy-books/)

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**As a writer, I love books.**

And as an OB nurse, I have a special passion for pregnancy, of course.

So today, I am pleased to combine two of my most favorite things and bring you...

**My top 10 favorite pregnancy books! Beyond the typical “What To Expect When You're Expecting,” here are a few of the books I have read and loved during my pregnancies.**

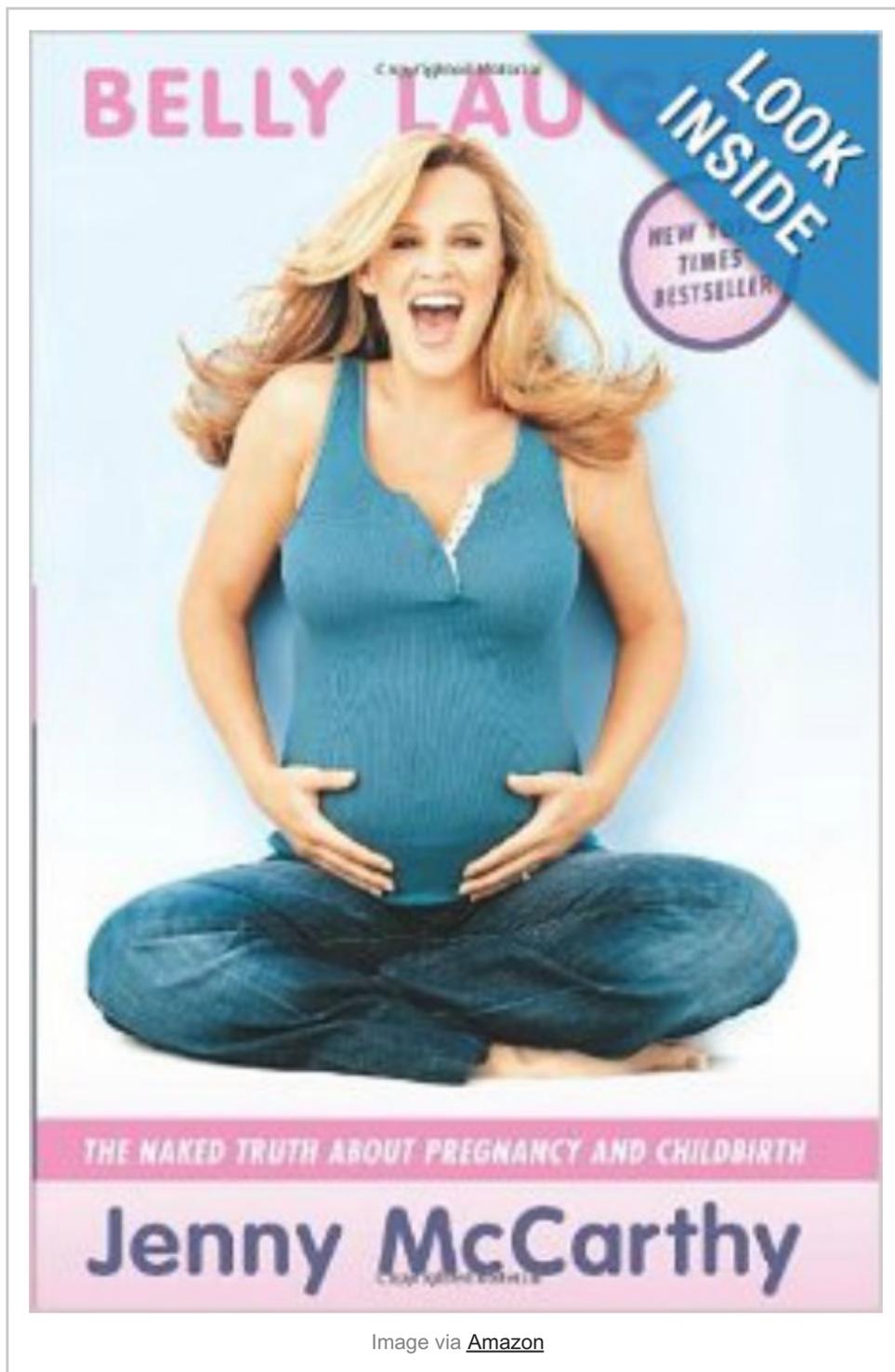


Image via [Amazon](#)

"Belly Laughs" by Jenny McCarthy. Whatever your thoughts about Jenny McCarthy, love or her hate her, her book is absolutely hilarious. Honestly, I had never even really heard of her when someone passed her book onto me, but I laughed out loud during the entire book. Her frank and funny confessions about pregnancy fears, eating a pan of brownies by herself, and her post-baby body are well worth a read.

Click to **LOOK INSIDE!**

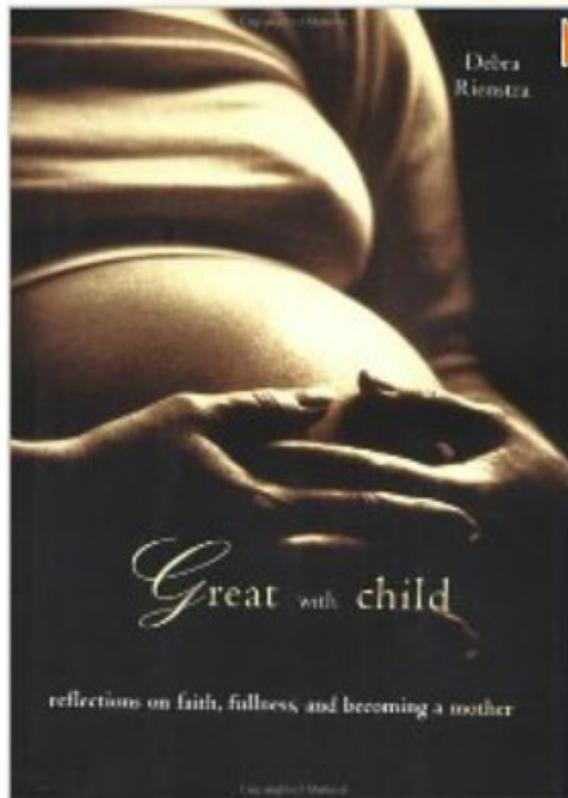


Image via [Amazon](#)

“Great with Child: Reflections on Faith, Fullness, and Becoming a Mother” by Debra Reinstra. I found this book at a garage sale, ironically before I even became a mother, and have read and re-read it with each of my three pregnancies. I *love* this book so much. It provides a look at pregnancy through a historical context that binds all mothers in the ancient mystery that surrounds birth. It's interesting and thought-provoking and provided me with new insight every time I opened it.



Image via [Amazon](#)

"The Red Tent" by Anita Diamant. This book, although not technically about pregnancy, is a fascinating look at the history of women and their fertility. It follows the ancient Biblical family of Jacob and the customs and practices that women followed—such as the “red tent” where women would be confined during their periods.

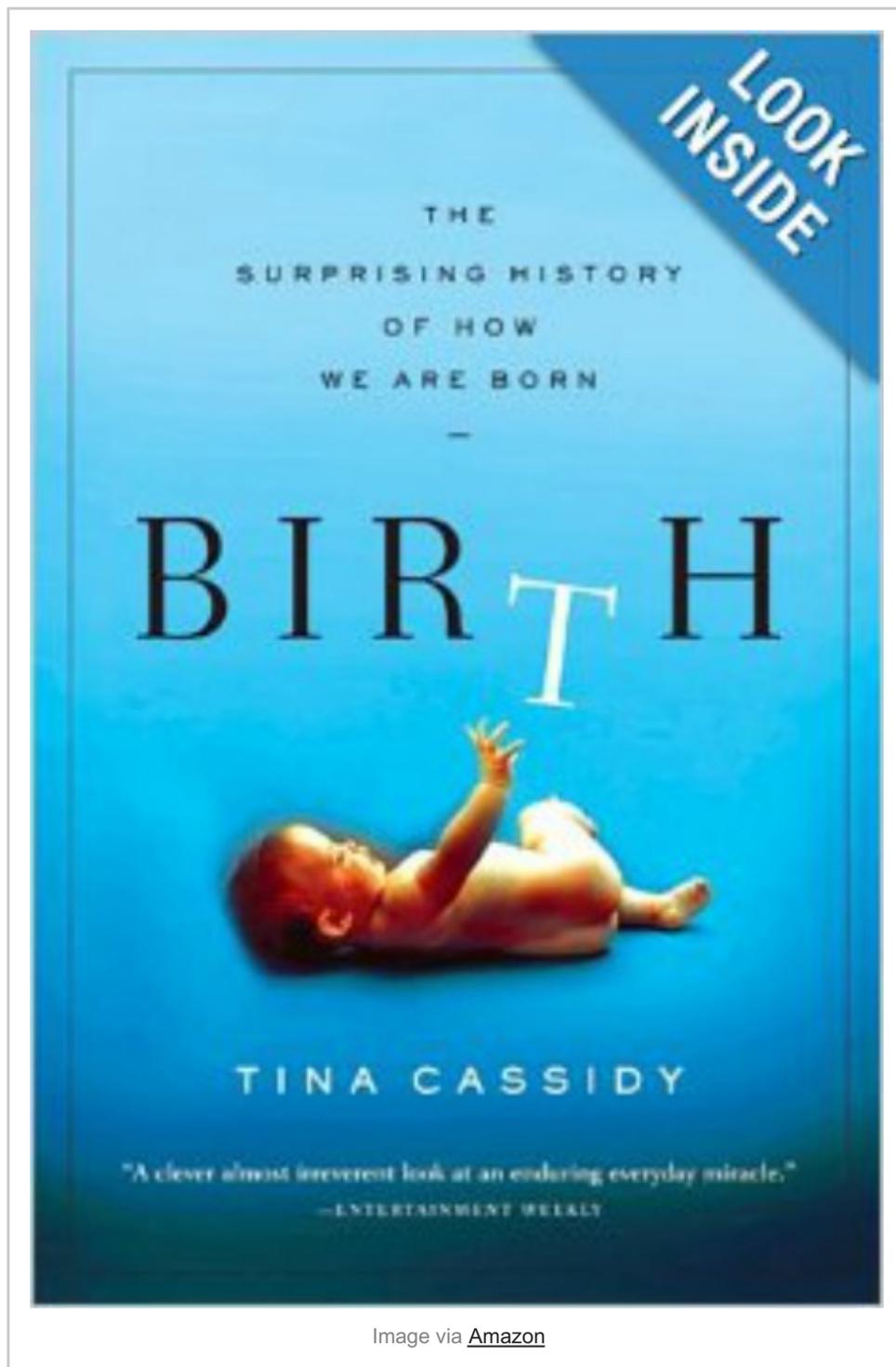


Image via [Amazon](#)

“Birth: The Surprising History of How We Are Born,” by Tina Cassidy. Ok, so by now, it’s pretty clear that I am a bit fascinated by the historical aspect of childbirth, and while this book has it all when it comes to looking back at the history of childbirth, it’s also a very easy and fun read. It’s eye-opening for any pregnant woman and may help her make some choices about her own birth.

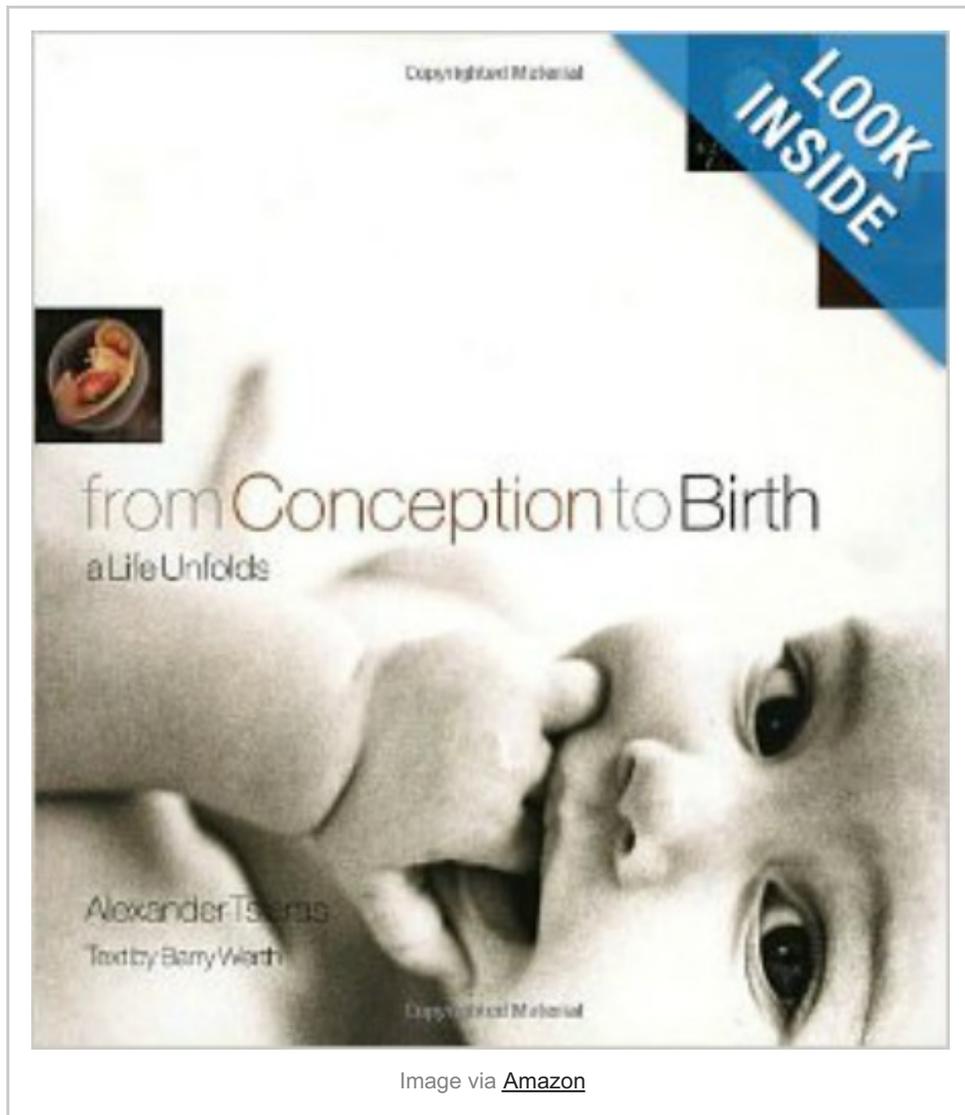


Image via [Amazon](#)

"From Conception to Birth: A Life Unfolds" by Alexander Tsiaras. My parents actually bought me this book while I was still in high school, which looking back, is kind of indicative of what a weird kid I was. Nonetheless, I loved it then and I still love it. Although this book is a little pricier, you won't find a more detailed guide of what goes in your baby's development. The book is visually stunning, with real pictures, even at a cellular level, of just what's going in there.

"The guide to pregnancy that Catholic women have been waiting for!"  
Halle Lord

# A Catholic Mother's Companion to Pregnancy



Walking with Mary  
from Conception  
to Baptism

SARAH A. REINHARD

Foreword by Lisa M. Hendey

a CatholicDepository.com book

Image via [Amazon](#)

"A Catholic Mother's Companion to Pregnancy" by Sarah Reinhard. Yes, this book is obviously not exactly intended for the secular crowd. And although I usually abhor the types of books that make motherhood out to be a glorious martyrdom that I could enjoy more only if I stopped being so selfish, I loved the reminders in this book that yes, pregnancy is hard, and yes, that is ok. Motherhood wasn't always meant to be easy!

# Chicken Soup for the Soul<sup>®</sup>

## New Moms

101  
Inspirational  
Stories of Joy,  
Love, and Wonder

Jack Canfield,  
Mark Victor Hansen  
& Susan M. Heim

Image via [Amazon](#)

“[Chicken Soup for the New Mom's Soul](#).” I am a complete and total sucker for all of the “Chicken Soup” series. There is just something so comforting about those short snippets of inspiration—and pregnancy is a great time to stock up on the short and sweet stories.

# THIS is how WE do it

## a survival guide

8 mamas share how they stay sane in the midst of chaos

**Edited by Tara Pringle Jefferson**

Image via Google

“This Is How We Do It” by Tara Pringle Jefferson. If you're anything like me, you are constantly wondering how other moms seem to get everything accomplished that they do—and this book shows exactly how moms “do it all.” Full of tips, stories and a few laughs for surviving motherhood!

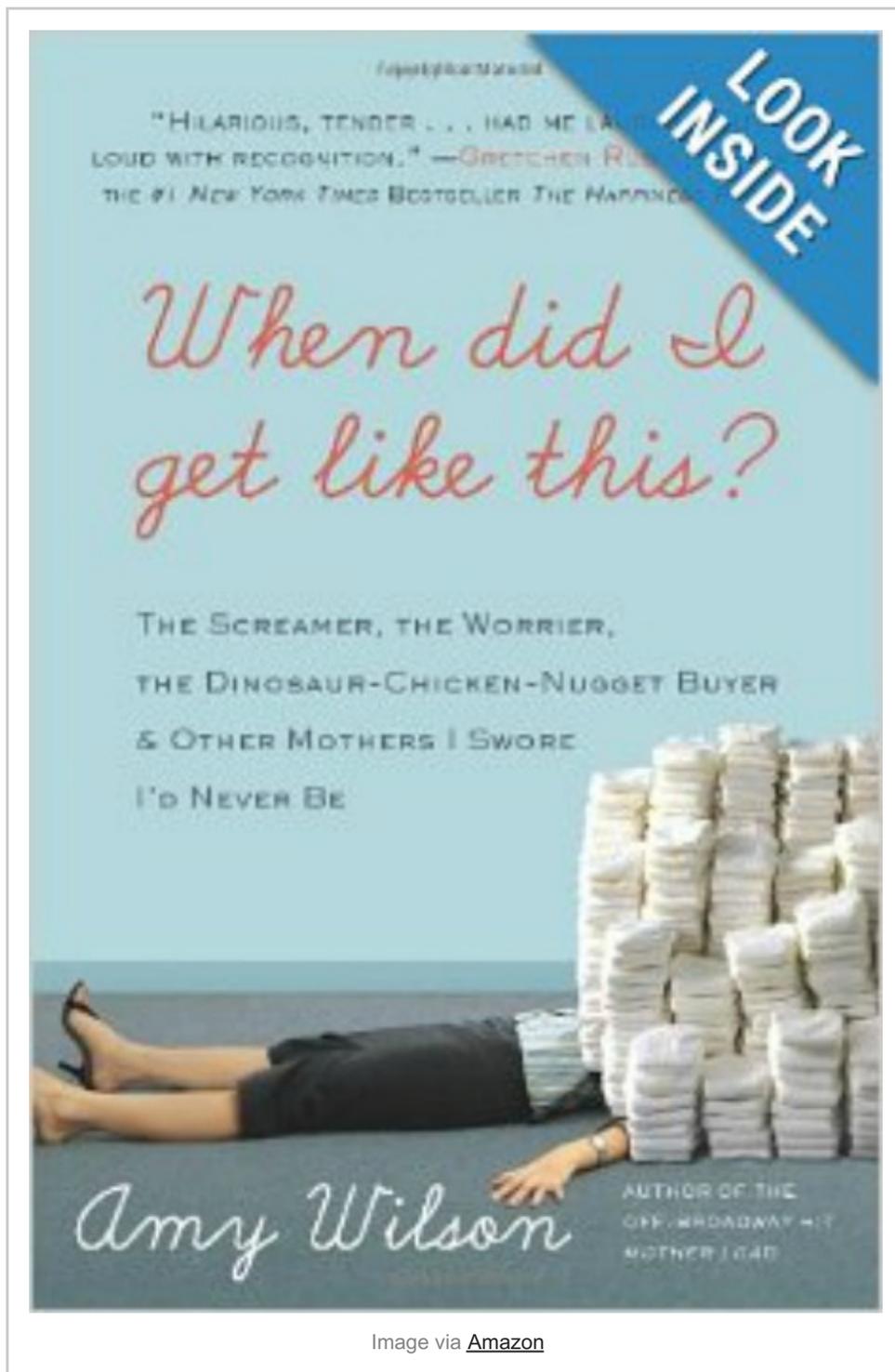


Image via [Amazon](#)

"When Did I Get Like This? The Screamer, The Worrier, The Dinosaur-Chicken-Nugget Buyer, and Other Mothers I Swore I'd Never Be" by Amy Wilson. I read this book shortly after my daughter was born and loved it. I'm a big fan on honest and frank looks at motherhood, all while encouraging us that we really are doing a good job!

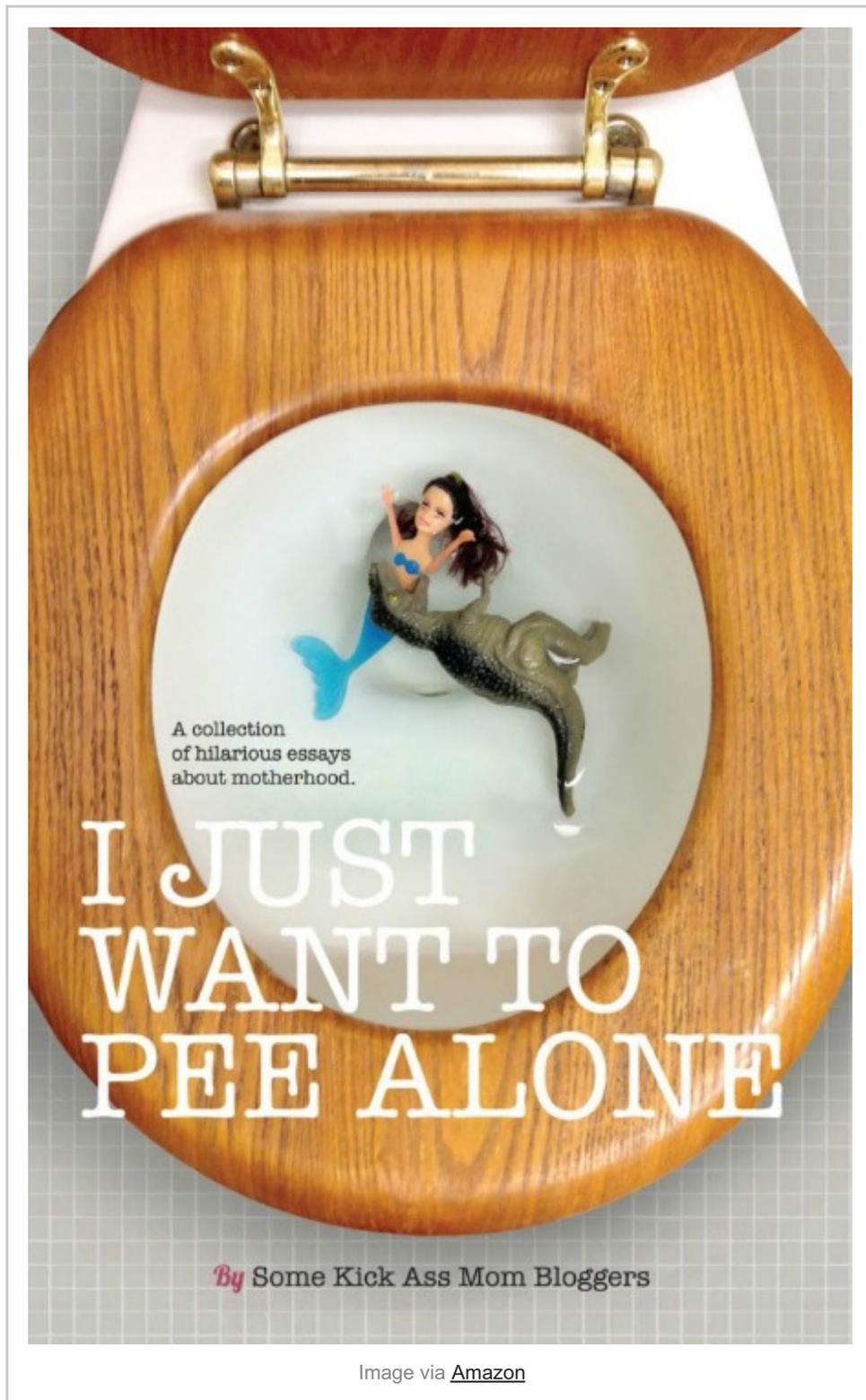


Image via [Amazon](#)

"I Just Want To Pee Alone" a blogger anthology. This book features one of my favorite fellow mom bloggers, Jessica Watson (see more about her below!) and is a quick and fun read into the trenches of motherhood.

***What are your favorite books on pregnancy?***

## Author



### Chaunie Brusie, RN, BSN

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Chaunie Brusie is a coffee mug addict, a labor and delivery nurse turned freelance writer, and a young(ish) mom of four. She is the author of "Tiny Blue Lines: Preparing For Your Baby, Moving Forward In Faith, & Reclaiming Your Life In An Unplanned Pregnancy" and "The Moments That Made You A Mother". She also runs Passion Meets Practicality, a community of tips + inspiration for work-at-home mothers. ... [More](#)