



MA.MOM.MAMA RESOURCE LIBRARY

A Book Resource List for the motherhood you are actually living.

Curated reading for maternal mental health, identity shifts, grief, rage, relationships, work, cultural load, and family building.

Ma.Mom.Mama

Holding space for every version of you

Use this as a starting point, not a prescription. Choose the topic that meets you where you are, and pause any book that feels too activating right now.



How to use this guide

This list brings together memoir, practical guidance, clinical resources, cultural critique, and relationship support. Some books offer skills; others offer language, validation, or the relief of hearing someone say the quiet part out loud.

AUDIOBOOK: YES	A full-length English audio edition was located through a major retailer or publisher during this review.
CHECK REGION	An audio edition appears to exist or has been announced, but availability may vary by country or retailer.
NOT LOCATED	No mainstream full-length English audiobook was located. This does not guarantee that none exists.

Audiobook availability checked August 11, 2026. Catalogs change. Search Audible, Libro.fm, Apple Books, Google Play Books, Spotify, Libby, Hoopla, and your local library. Regional titles may not be available in the United States.

Heavy-content note

Books about psychosis, suicide, traumatic birth, infertility, stillbirth, and medical crises may be intense. Consider reading with support, skipping graphic sections, or choosing a more practical guide before a memoir. A book can be meaningful and still be the wrong book for today.

This guide is educational and does not replace therapy, diagnosis, medical care, or emergency services.

Find your starting point

0 Postpartum depression

1 Memoir, validation, recovery, and practical support

0 Postpartum anxiety and intrusive thoughts

2 Worry, panic, OCD-like loops, and frightening unwanted thoughts

0 Postpartum psychosis

3 First-person accounts of severe illness, hospitalization, and recovery

0 Mental load and emotional labor

4 Invisible work, unequal responsibility, and the pressure to hold everything together

0 Maternal rage and anger

5 Understanding anger as information while building regulation and repair

0 Matrescence and identity

6 The emotional, physical, relational, and neurological transition into motherhood

0 Birth trauma

7 Medical trauma, loss of control, difficult births, and making meaning afterward

0 Baby loss, TFMR, and grief

8 Memoir and support for losses that are often minimized or left unspoken

0 Fertility challenges and miscarriage

9 Trying, treatment, pregnancy loss, and the loneliness of uncertainty

1 NICU and premature birth

0 Medical uncertainty, separation, advocacy, and life after intensive care

1 Mothering without your mother

1 Grief, memory, and becoming a parent without the mother you needed

1 Maternity leave and working motherhood

2 Career pauses, penalties, return-to-work transitions, and redefining ambition

1 Relationships after children

3 Sharing the load, protecting connection, and navigating intimacy and resentment

1 Parenting children with additional needs

4 Medical complexity, disability, advocacy, grief, love, and adaptation

1 Burnout, rest, and sustainable care

5 Boundaries, capacity, recovery, and care that is more than another task

1 Black motherhood and cultural load

6 Race, representation, community care, and resisting the demand to carry everything

1 LGBTQ+ family building, birth, and adoption

7 Queer and trans paths to parenthood, identity, conception, and belonging

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01 Postpartum depression

Memoir, validation, recovery, and practical support

After the Storm

by Emma Jane Unsworth

A candid memoir of postnatal depression and the disorienting realities of new motherhood.

AUDIOBOOK
YES

Something to Live For

by Laura Canty

A personal account of severe postnatal depression, survival, and finding a way back.

AUDIOBOOK
YES

This Isn't What I Expected

by Karen R. Kleiman and Valerie Davis Raskin

A compassionate, practical guide to understanding and recovering from postpartum depression.

AUDIOBOOK
YES

Good Moms Have Scary Thoughts

by Karen Kleiman; illustrated by Molly McIntyre

Brief, validating guidance for secret fears, intrusive thoughts, and shame after birth.

AUDIOBOOK
NOT LOCATED

02 Postpartum anxiety and intrusive thoughts

Worry, panic, OCD-like loops, and frightening unwanted thoughts

Mind Over Mother

by Anna Mathur

Accessible tools for worry and anxiety during the early years of motherhood.

AUDIOBOOK
YES

Postpartum Depression and Anxiety

by Sonya Watson and Kathryn Whitehead

A recovery-focused overview of symptoms, support, and coping.

AUDIOBOOK
NOT LOCATED

A Mouthful of Air

by Amy Koppelman

A novel portraying postpartum depression and the private intensity of maternal distress.

AUDIOBOOK
YES

Dropping the Baby and Other Scary Thoughts

by Karen Kleiman and Amy Wenzel

Clinical, evidence-informed help for intrusive thoughts and perinatal anxiety.

AUDIOBOOK
YES

The Pregnancy and Postpartum Anxiety Workbook

by Pamela S. Wiegartz and Kevin L. Gyoerkoe

Structured CBT exercises for anxiety, worry, panic, and avoidance.

AUDIOBOOK
NOT LOCATED

03 Postpartum psychosis

First-person accounts of severe illness, hospitalization, and recovery

What Have I Done?

by Laura Dockrill

A memoir of postpartum psychosis, treatment, and rebuilding trust in oneself.

AUDIOBOOK
YES

Bonkers

by Olivia Siegl

A frank and often humorous account of motherhood and maternal mental illness.

AUDIOBOOK
NOT LOCATED

Everyone Is Here to Help

by Ruth Stacey

A healing account of postpartum psychosis and the people involved in recovery.

AUDIOBOOK
CHECK REGION

Because I'm Not Myself, You See

by Ariane Beeston

A memoir blending lived experience with a health professional's perspective.

AUDIOBOOK
YES

Inferno

by Catherine Cho

A literary memoir of postpartum psychosis, memory, identity, and hospitalization.

AUDIOBOOK
YES

04 Mental load and emotional labor

Invisible work, unequal responsibility, and the pressure to hold everything together

Fed Up by Gemma Hartley Names emotional labor and explores how it shapes relationships, work, and home.	AUDIOBOOK YES
Fair Play by Eve Rodsky A concrete system for redistributing domestic and caregiving responsibilities.	AUDIOBOOK YES
Shattered by Rebecca Asher Examines how modern parenting can reproduce unequal roles at home and work.	AUDIOBOOK NOT LOCATED
Motherhood: Feminism's Unfinished Business by Eliane Glaser A cultural critique of the ideals and inequalities surrounding motherhood.	AUDIOBOOK NOT LOCATED
Screaming on the Inside by Jessica Grose Explores impossible expectations, maternal guilt, and the systems that keep mothers overwhelmed.	AUDIOBOOK YES
05 Maternal rage and anger Understanding anger as information while building regulation and repair	
Mom Rage by Minna Dubin A feminist, compassionate examination of why modern mothers reach the breaking point.	AUDIOBOOK YES
Women Are Angry by Jennifer Cox Explores how women's anger is suppressed, misunderstood, and redirected.	AUDIOBOOK YES
All the Rage by Darcy Lockman Research and stories about unequal parenting labor and the resentment it creates.	AUDIOBOOK YES
How to Stop Snapping at the People You Love by Anna Mathur Practical guidance for rage, regulation, accountability, and repair.	AUDIOBOOK YES

Rage Becomes Her

by Soraya Chemaly

A broader cultural look at women's anger as valid information and a force for change.

AUDIOBOOK
YES

06 Matrescence and identity

The emotional, physical, relational, and neurological transition into motherhood

Matrescence

by Lucy Jones

Science, history, and lived experience of the transformation into motherhood.

AUDIOBOOK
YES**Mama Rising**

by Amy Taylor-Kabbaz

A supportive framework for identity change and becoming a mother.

AUDIOBOOK
YES**A Life's Work**

by Rachel Cusk

A literary, unsentimental account of early motherhood and identity disruption.

AUDIOBOOK
YES**What No One Tells You**

by Alexandra Sacks and Catherine Birndorf

A psychologically grounded guide to the emotional experience of motherhood.

AUDIOBOOK
YES**A Mother's Brain**

by Susana Carmona

Accessible neuroscience on how pregnancy and motherhood reshape the brain.

AUDIOBOOK
YES**Essential Labor**

by Angela Garbes

Reframes caregiving as skilled, socially essential work rather than a private burden.

AUDIOBOOK
YES

07 Birth trauma

Medical trauma, loss of control, difficult births, and making meaning afterward

Birth Trauma

by Kim Thomas

A practical guide to post-traumatic stress following birth for parents and supporters.

AUDIOBOOK
YES

Birth Notes by Jessica Cornwell A reflective exploration of birth stories, memory, and maternal experience.	AUDIOBOOK NOT LOCATED
Why Birth Trauma Matters by Emma Svanberg A concise introduction to birth trauma, validation, and recovery.	AUDIOBOOK NOT LOCATED
Breaking the Taboo by Theo Clarke A personal and policy-focused account of traumatic birth and maternity care.	AUDIOBOOK YES
The Fourth Trimester by Kimberly Ann Johnson A body-centered guide to recovery, care, and adjustment after birth.	AUDIOBOOK YES
08 Baby loss, TFMR, and grief Memoir and support for losses that are often minimized or left unspoken	
Ask Me His Name by Elle Wright A memoir of baby loss that makes space for continuing bonds and honest grief.	AUDIOBOOK YES
The Silence of TFMR by Rosanna Brown Support and lived experience after termination for medical reasons.	AUDIOBOOK NOT LOCATED
An Exact Replica of a Figment of My Imagination by Elizabeth McCracken A precise, compassionate memoir of stillbirth and grief.	AUDIOBOOK YES
Still by Emma Hansen A memoir of love, stillbirth, and finding language for devastating loss.	AUDIOBOOK YES

09

Fertility challenges and miscarriage

Trying, treatment, pregnancy loss, and the loneliness of uncertainty

The Infertile Midwife

by Sophie Martin

A midwife's account of infertility from both personal and professional viewpoints.

AUDIOBOOK
NOT LOCATED

No One Talks About This Stuff

by edited by Kat Brown

An anthology about infertility, pregnancy loss, and reproductive grief.

AUDIOBOOK
YES

I Had a Miscarriage

by Jessica Zucker

A psychologist's memoir and critique of the silence surrounding pregnancy loss.

AUDIOBOOK
YES

21 Miles

by Jessica Hepburn

A memoir of infertility, endurance, and the search for meaning beyond outcomes.

AUDIOBOOK
YES

The Trying Game

by Amy Klein

A practical, candid guide to fertility treatment and emotional survival.

AUDIOBOOK
YES

10 NICU and premature birth

Medical uncertainty, separation, advocacy, and life after intensive care

Twenty-Four Plus Six

by Amy Brett

A personal account of extremely premature birth and the NICU journey.

AUDIOBOOK
NOT LOCATED

Mothership

by Francesca Segal

A memoir of premature birth, hospital life, and the community formed in the NICU.

AUDIOBOOK
YES

Early

by Sarah DiGregorio

Memoir and reporting on premature birth, neonatal medicine, and survival.

AUDIOBOOK
YES

The First Breath

by Olivia Gordon

A mother's story woven with the science and history of fetal and neonatal medicine.

AUDIOBOOK
YES

11

Mothering without your mother

Grief, memory, and becoming a parent without the mother you needed

Motherless Mothers

by Hope Edelman

Research and stories about how mother loss can resurface when becoming a mother.

AUDIOBOOK
YES

The Motherless Mother's Guided Journal

by Melissa Reilly

Prompts and practices for grief, identity, and creating support.

AUDIOBOOK
NOT LOCATED

Parentless Parents

by Allison Gilbert

Support for adults raising children after the loss of one or both parents.

AUDIOBOOK
YES

Mothering Without a Map

by Kathryn Black

Explores how adults mother when their own maternal templates were absent or painful.

AUDIOBOOK
NOT LOCATED

12

Maternity leave and working motherhood

Career pauses, penalties, return-to-work transitions, and redefining ambition

Maternity Service

by Emma Barnett

A clear-eyed look at maternity leave, identity, care, and the myths of new motherhood.

AUDIOBOOK
YES

Leaving the Ladder Down by Dolly Jones Ideas for creating workplaces where parents can stay, grow, and lead.	AUDIOBOOK CHECK REGION
The Power Pause by Neha Ruch A planning guide for career breaks after children and returning with intention.	AUDIOBOOK YES
The Motherhood Penalty by Joeli Brearley Examines workplace discrimination and the economic cost of motherhood.	AUDIOBOOK NOT LOCATED

13 Relationships after children

Sharing the load, protecting connection, and navigating intimacy and resentment

The Equal Parent by Paul Morgan-Bentley Research and lived experience on creating genuinely shared parenting.	AUDIOBOOK YES
Mating in Captivity by Esther Perel A relationship-centered exploration of desire, routine, and long-term partnership.	AUDIOBOOK YES
To Have and to Hold by Molly Millwood A therapist's exploration of the psychological transition to motherhood and partnership strain.	AUDIOBOOK YES
How Not to Hate Your Husband After Kids by Jancee Dunn Humor, research, and experiments for addressing resentment and unequal labor.	AUDIOBOOK YES
And Baby Makes Three by John Gottman and Julie Schwartz Gottman Concrete relationship skills for conflict, friendship, intimacy, and teamwork after baby.	AUDIOBOOK YES

14 Parenting children with additional needs

Medical complexity, disability, advocacy, grief, love, and adaptation

The Story of a Heart

by Rachel Clarke

A deeply reported story of a child's heart transplant and the families connected by it.

AUDIOBOOK
YES

Raising Henry

by Rachel Adams

A memoir of raising a child with Down syndrome and rethinking expectations.

AUDIOBOOK
NOT LOCATED

Special

by Melanie Dimmitt

A compassionate guide to the shock, grief, advocacy, and joy of an unexpected diagnosis.

AUDIOBOOK
YES

15 Burnout, rest, and sustainable care

Boundaries, capacity, recovery, and care that is more than another task

Real Self-Care

by Pooja Lakshmin

A psychiatrist's framework for boundaries, values, power, and sustainable care.

AUDIOBOOK
YES

The Ambition Penalty

by Stefanie O'Connell

Explores how workplaces reward women's ambition until it challenges the status quo.

AUDIOBOOK
YES

Having It All

by Corinne Low

Uses data to examine women's time, tradeoffs, power, and decision-making.

AUDIOBOOK
YES

Burnout

by Emily Nagoski and Amelia Nagoski

Explains the stress cycle and why rest alone may not complete it.

AUDIOBOOK
YES

Rest Is Resistance

by Tricia Hersey

Locates rest within racial justice, liberation, imagination, and resistance to grind culture.

AUDIOBOOK
YES

16 Black motherhood and cultural load

Race, representation, community care, and resisting the demand to carry everything

Motherhood So White

by Nefertiti Austin

A memoir and cultural critique of Black motherhood, adoption, and representation.

AUDIOBOOK
YES

We Live for the We

by Dani McClain

A Black mother's inquiry into raising a child with joy, safety, history, and community.

AUDIOBOOK
YES

Oh Sis, You're Pregnant!

by Shanicia Boswell

Culturally affirming pregnancy guidance centered on Black mothers and families.

AUDIOBOOK
YES

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LGBTQ+ family building, birth, and adoption

Queer and trans paths to parenthood, identity, conception, and belonging

Baby Making for Everybody

by Marea Goodman and Ray Rachlin

Inclusive guidance for queer and trans family building, fertility, pregnancy, and support.

AUDIOBOOK
YES

The Natural Mother of the Child

by Krys Malcolm Belc

A transmasculine parent's memoir of pregnancy, language, family, and legal identity.

AUDIOBOOK
YES

All You Can Ever Know

by Nicole Chung

A transracial adoptee's memoir of identity, family, and searching for her birth family.

AUDIOBOOK
YES

Queer Conception

by Kristin L. Kali

A gender-affirming guide to fertility, conception, and family building beyond heteronormative models.

AUDIOBOOK
NOT LOCATED

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Before you close the guide

A book can help you name what is happening. It cannot carry the whole load.

Reach out sooner when:

- Symptoms interfere with sleep, eating, work, caregiving, relationships, or your ability to feel safe.
- Intrusive thoughts feel like urges, commands, plans, or beliefs you may act on.
- You are hearing or seeing things others do not, feel watched or controlled, are extremely confused, or are sleeping very little without feeling tired.
- You feel hopeless, unable to care for yourself or your baby, or afraid to be alone.

Immediate danger

Call 911 or go to the nearest emergency department.

Suicide & Crisis Lifeline

Call or text 988.

National Maternal Mental Health Hotline

Call or text 1-833-TLC-MAMA (1-833-852-6262). Free and confidential, 24/7. It is not a crisis line.

Support for women, motherhood, and the matrescence transition.