



LA LECHE LEAGUE
INTERNATIONAL

TRANSLATED BOOKS CATALOGUE

The world's foremost authority on breastfeeding brings you titles in many languages to address all of your breastfeeding and parenting concerns from conception through preschool. LLLI educates and supports international breastfeeding families through the sale of over 25 non-English titles, many of them LLL originals translated into different languages. For further information on obtaining non-English titles, see pages 10 and 11.

- 1 El Arte Femenino de Amamantar
1997 edition of *THE WOMANLY ART OF BREASTFEEDING* translated in Spanish. Published by Editorial Pax Mexico, 2001. See page 2 for book information.

Softcover, 339 pages
No. 1044-23, \$15.95

- 2 Handboek Lactatiebegeleiding
1997 edition of the *BREASTFEEDING ANSWER BOOK* translated in German. Published by La Leche League Nederland, 2002. See page 3 for book information.

Softcover, 768 pages
No. 1252-29, \$85.00

- 3 Horim Gum Belila
1999 edition of *NIGHTTIME PARENTING* translated in Hebrew. Published by Life Center, 2002. See page 5 for book information.

Softcover, 215 pages
No. 1531-29, \$9.95



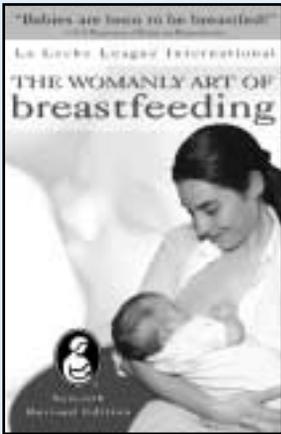
1



2



3



The Womanly Art of Breastfeeding

Now in its seventh revised edition, this expanded La Leche League International classic title includes references and additional resources of specific interest to the breastfeeding mother. Written collectively, *THE WOMANLY ART* offers tips, facts, and stories about virtually every breastfeeding situation LLL members have encountered over the past 45 years. Its vast depth of wisdom makes this an essential title for breastfeeding families. A warm, friendly tone has made this a hand-me-down for generations.

© LLLI, seventh revised edition, 2004
Softcover, 480 pages
No. 1438-12, \$16.95



Das Handbuch Für Die Stillende Mutter
1997 edition of the WAB translated in German. Published by La Leche Liga Schweiz, 2001.
Softcover, 393 pages
No. 613-29, \$20.00

L'art de l'alaitement Maternel
1991 edition of the WAB translated in French. Published by Ligue La Leche, 1997.

Softcover, 463 pages
No. 607-29, \$15.95



Handboek Borstvoeding
1997 edition of the WAB translated in Dutch. Published by Tirion Uitgevers B.V., 2000.
Softcover, 352 pages
No. 600-29, \$22.95

L'arte Dell'allattamento Materno
1987 edition of the WAB translated in Italian. Published by La Leche League Italia, 1990.

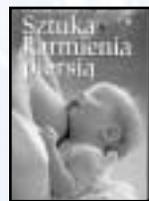
Softcover, 398 pages
No. 616-29, \$14.95



Daredemo Dekiru Bonyuikujji
1997 edition of the WAB translated in Japanese. Published by Medica Shuppan, 2000.
Softcover, 425 pages
No. 617-29, \$25.00

Sztuka Karmienia Piersia
1991 edition of the WAB translated in Polish. Published by Media Rodzina of Poznan, 1997.

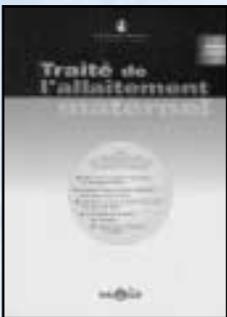
Softcover, 461 pages
No. 618-29, \$15.95



For edition in Spanish, see cover.

Lactancia Materna Libro de Respuestas 1997 edition of the BREASTFEEDING ANSWER BOOK translated in Spanish. Published by La Leche League International, 2001.

Hardcover, 605 pages
No. 1112-23, \$65.00



Traite de L'allaitement Maternal 1997 edition of the BREASTFEEDING ANSWER BOOK translated in French. Published by Ligue La Leche, 1999.

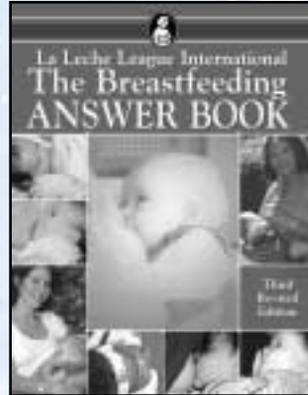
Hardcover, 660 pages
No. 857-29, \$85.00

Handbuch für die Stillberatung 1997 edition of the BREASTFEEDING ANSWER BOOK translated in Dutch. Published by La Leche Liga Deutschland e.V., 2000.

Hardcover, 702 pages
No. 956-29, \$85.00



For edition in German, see cover.

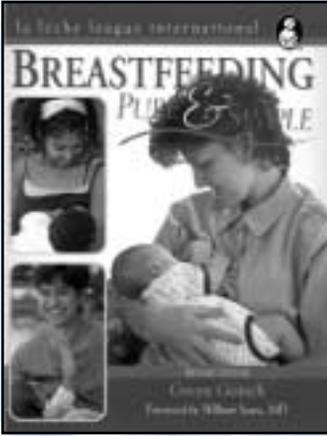


The Breastfeeding Answer Book

by Nancy Mohrbacher and Julie Stock

The BREASTFEEDING ANSWER BOOK is the definitive resource for those who are dedicated to helping mothers breastfeed. Highlights include new approaches to positioning and latch-on, new illustrations of breast structure and how the breast functions, and information on breastfeeding in emergency situations. This guidebook can be used by LLL Leaders, lactation consultants, doctors, and other health care professionals with confidence to help mothers establish and enjoy a satisfying breastfeeding relationship with their babies. The CD-ROM includes the 2003 edition in English plus the 1997 edition in Spanish.

©LLLI, third revised edition, 2003
Hardcover, spiral-bound, 680 pages
No. 1260-12, \$68.00
No. 1277-30 CD-ROM, \$68.00



Breastfeeding Pure & Simple

by Gwen Gotsch

Foreword by William Sears, MD

Provides a basic introduction to guide new mothers through the early months of their nursing relationship. Clear, straightforward text combined with a multitude of photos make this book inviting and easy-to-read. Helpful for expectant mothers who have not yet decided whether they want to breastfeed and those who only plan to nurse for a short time.

© LLLI, second revised edition, 2000

Softcover, 108 pages

No. 803-12, ~~\$9.95~~ SALE \$7.50



L'Allaitement Tout Simplement
1993 edition of
BREASTFEEDING
PURE AND
SIMPLE translated in French.
Published by
Ligue La
Leche, 1997.

Softcover, 463 pages
No. 601-29, \$8.95

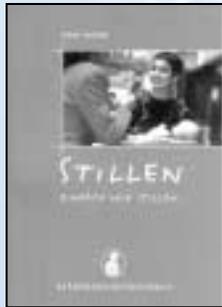


Amamantar Sencillo y Puro
1993 edition of
BREASTFEEDING
PURE AND
SIMPLE translated in Spanish.
Published by
La Leche
League
International,
1995.

No. 1502-20, Set of 10
free, shipping and handling \$8.00 per set

Stillen Einfach Nur Stillen
1993 edition of
BREASTFEEDING
PURE AND
SIMPLE translated in German.
Published by
La Leche Liga
Deutschland
e.V., 1999.

Softcover, 141 pages
No. 745-29, \$8.95

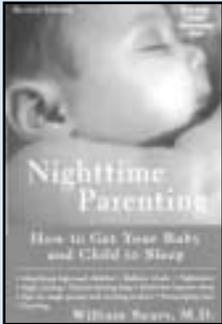


Hanaka P'shuta v'tiv'it
2000 edition of
BREASTFEEDING
PURE AND SIMPLE
translated in
Hebrew.

Published by
La Leche
League
Israel, 2001.

Softcover, 120 pages
No. 1074-29, \$12.00





Nighttime Parenting: How to Get Your Baby and Child to Sleep

by *William Sears, MD*

A great book for expectant parents or parents whose child has a problem sleeping, this title explains the differences in babies' sleeping patterns compared to those of adults. It also introduces a style of nighttime parenting to help put an end to sleep problems.

© LLLI, second revised edition, 1999
Softcover, 204 pages
No. 160-12, \$9.95

être Parent le
Jour...et la Nuit
Aussi

1985 edition of NIGHTTIME
PARENTING translated in
French. Published by
Ligue La Leche, 1992.

Softcover, 189 pages
No. 606-29, \$12.95



Genitori di Giorno
e...di Notte

1985 edition of NIGHTTIME
PARENTING translated in
Italian. Published by La
Leche League Italia, 1994.

Softcover, 233 pages
No. 615-29, \$13.95



Schlafen Und Wachen
1985 edition of NIGHTTIME
PARENTING translated in
German. Published by La
Leche Liga Schweiz, 1991.

Softcover, 217 pages
No. 610-29, \$8.95



For edition in Hebrew, see cover.



How Weaning Happens

by *Diane Bengson*

Written by an LLL
Leader, this book
includes personal
experiences of mothers

who have weaned in a variety of ways. Addresses all types of questions that parents may have about weaning and reassures that weaning is a natural process that doesn't have to be stressful for mother or child.

© LLLI, 1999
Softcover, 156 pages
No. 142-12, ~~\$10.95~~ SALE \$8.00

A propos du
sevrage...quand
l'allaitement se
termine
1999 edition of
HOW WEANING
HAPPENS translated
in French.
Published by Ligue
Le Leche, 2003.
Softcover, 276 pages.
No. 1460-29, \$15.00





**Beraterinnen
Handbuch**
1991 edition of
the LEADER'S
HANDBOOK trans-
lated in
German.
Published by La
Leche Liga
Deutschland
e.V., 1992.

Softcover, spiral-bound, 289 pages
No. 614-29, \$24.00

Leader's Handbook

This handbook provides vital resources for Leaders. Still the same Leader-to-Leader support for managing a Group, organizing meetings, and everything you do to support breastfeeding mothers and babies.



© LLLI, third revised edition, 2003
Softcover, spiral-bound
No. 1305-12, \$20.00



**MILLE
et une
Recettes
Santé**
1993 edi-
tion of
WHOLE
FOODS FOR
THE WHOLE
FAMILY
translated

in French. Published by
Ligue La Leche, 1997.

Spiralbound, 338 pages
No. 602-29, \$15.95

Whole Foods for the Whole Family

edited by Roberta Johnson

Classic LLL cookbook contains more than 900 kitchen-tested recipes contributed by mothers all over the world. Includes time-saving recipes, diet and allergy recipes, ideas for ethnic meals, vegetarian dishes, and much more!



© LLLI, second revised edition, 1993
Softcover, plastic-comb bound, 302 pages
No. 151-12, \$18.95



Mi Niño No Me Come

by Dr. Carlos González

An easy-to-read Spanish book that provides helpful information to parents with children who resist eating solid foods.

© Temas de hoy, 2001
Softcover, 215 pages
No. 1118-23, \$15.00



Why Should I Nurse My Baby?

Pamela K. Wiggins

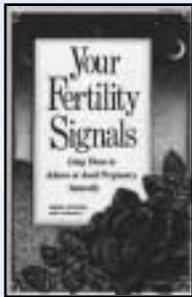
Using a question-and-answer format, this book addresses common problems and gives practical information

about the early days of breastfeeding, positioning, diet, working while breastfeeding, and breastfeeding aids.

© L.A. Publishing, third revised edition, 2001
Softcover, 65 pages
No. 74-7, \$4.95

¿Por Qué Debería Amamantar a Mi Bebé?
1992 edition of
Why Should I Nurse My Baby?
Published by
L.A. Publishing,
1992.

Softcover, 62 pages
No. 599-29, \$4.95



Your Fertility Signals

by Meryll Winstein

Information to help achieve or prevent pregnancy, reduce or eliminate contraceptive use, and enhance the intimacy in your relationship. A complete,

illustrated guide with a bibliography, glossary, and references.

© Smooth Stone Press, 1996
Softcover, 159 pages
No. 76-7, \$13.95

Sus Signos de Fertilidad
Spanish edition
of
Your Fertility Signals.
Published by
Smooth Stone
Press, 1996.

Softcover, 182 pages
No. 612-29, \$12.95



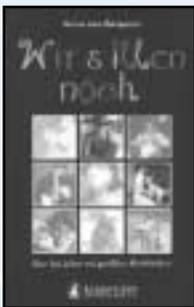
Amamantar, Por Que Não?

by Pajuçara Maria Guimarães Marroquim and Rebecca Ann Shaner Magalhães

A compilation of articles from the Portuguese LLL newsletter. Published by Le Leche League de Maceió.

© Second revised edition, 1992
Softcover, 242 pages
No. 619-29, \$14.95





Wir Stillen noch
1996 edition of
MOTHERING YOUR
NURSING TODDLER
translated in
German.
Published by La
Leche Liga
Deutschland e.V.,
2003.

Softcover, 224 pages
No. 1530-29, \$12.95



**Le Bébé et
L'allaitement**
1982 edition of
MOTHERING YOUR
NURSING TODDLER
translated in
French. Published
by Ligue La
Leche, 1989.

Softcover, 207 pages
No. 604-29, \$12.95

Mothering Your Nursing Toddler

by *Norma Jane
Bumgarner*



Warmth,
wisdom, and
wit add to this
classic LLLI

bestseller about mothering and
breastfeeding your child into
toddlerhood. Norma Jane Bumgarner
revisits the challenges of getting
enough rest, dealing with criticism
from family and friends, weaning, and
more in this classic book.

© LLLI, third revised edition, 1999
Softcover, 320 pages
No. 157-12, \$12.95



Muttersein
German edition of
MOTHERWISE. Published by La
Leche Liga Schweiz, 1999.

Softcover, 151 pages
No. 880-29, \$7.50



Sabiduría Materna
Spanish edition of MOTHERWISE.
Published by La Leche League
International, 1999.

Softcover, 118 pages
No. 746-23, \$7.50



Motherwise: 101 Tips for a New Mother

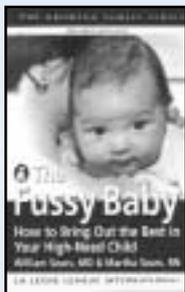
by *Alice Bolster*

Written by an LLL Leader, this book
provides nurturing tips, support,
and reassurance to new mothers that
they know what is best for their babies.

© LLLI, 1997
Softcover, 122 pages
No. 148-12, \$7.50

The
Fussy
Baby:
How to
Bring Out
the Best
in Your
High
Need
Child

by William Sears, MD



Fussy or "high need" babies need extra attention from parents. Dr. Sears explores "back to the womb" techniques to help parents of these children cope. The issues of colic, reflux, feeding, fathering, reassurance, avoiding burnout, and more are discussed in the book.

© LLLI, second revised edition, 2002
Softcover, 224 pages
No. 1169-12, \$9.95

Que Faire
Quand Bébé
Pleure
French edition of
THE FUSSY BABY.
Published by
Ligue La Leche,
1991.

Softcover, 195 pages
No. 605-29, \$12.95



Das 24 Stunden
Baby
German edition of
THE FUSSY BABY.
Published by La
Leche Liga
Schweiz, 1998.

Softcover, 201 pages
No. 609-29, \$10.95



Quer
es Poder
by Carolina E.
de Villa

An introduc-
tion in
Spanish to
the basics of
breastfeed-
ing by an
LLL Leader.

© Purple Raven Press, Second revised edi-
tion, 2001
Softcover, 63 pages
No. 1107-23, \$8.00



En Busca
del Oro
Liquido
by Waleska Porras

A Spanish book
that features
useful informa-
tion from the
BREASTFEEDING
ANSWER BOOK.

Published by Editorial La Keka.

© 2000
Softcover, 159 pages
No. 1106-23, \$12.00

La Leche League publications



French

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/Japan.html

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Lang/LangItaliano.html

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www.stillberatung.ch/

are available in many languages

Ordering information can be found in LLL's Global Publication Directory, No. 404-20. For more information, also visit these LLLI Web pages:

www.lalecheleague.org/globalpublications.html
www.lalecheleague.org/Web_store/web_store.cgi
www.lalecheleague.org/LLLIlang.html

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www.lalecheleague.org/Guatemala.html

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www.lalecheleague.org/Espana.html

For Spanish-language breast-feeding information on LLLI's Web site, visit: www.lalecheleague.org/LangEspanol.html

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www.lalecheleague.org/Brasil.html

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