

## Resources on Cesarean Birth — from Jane English

### CesareanVoices website — [cesareanvoices.com](http://cesareanvoices.com)

This whole website is a treasure trove of art and writings by and about people born cesarean, both with and without labor. Included are some of the journal articles by Jane English listed below.

See especially:

- “**The Big Picture - Being Born Cesarean**” - <https://www.cesareanvoices.com/cesarean-big-picture.pdf>  
a one page summary of 50 years of exploration
- “**The Gift of Expanded Boundaries**” - <https://www.cesareanvoices.com/expanded-boundaries.pdf>  
stories and musings from a non-labor cesarean born person - 2021
- **Keynote illustrated talk** given by Jane English at the 2013 ISPPPM conference near Dresden, Germany on cesarean birth - <https://www.cesareanvoices.com/SHOW-small.pdf>
- **An artistic overview of the child’s cesarean experience** - <https://www.cesareanvoices.com/CBart.pdf>
- **List of questions for further study** - <https://www.cesareanvoices.com/future.html#anchor1780951>
- **Other talks and articles on cesarean birth** by Jane English - <https://www.cesareanvoices.com/je.html>

### Journal articles

*JOPPPAH = Journal for Prenatal and Perinatal Psychology and Health (formerly PPPJ = Pre- and Perinatal Psychology Journal)*

*IJPPPM = International Journal of Prenatal and Perinatal Psychology and Medicine*

- English, Jane, “**Cesarean Birth and Psychotherapy**,” Association for Transpersonal Psychology Newsletter, Fall 1982
- English, Jane, “**Being Born Cesarean: Physical, Psychosocial and Metaphysical Aspects**,” PPPJ, Vol 7 No. 3, Spring 1993
- English, Jane, “**Being Born Cesarean: Physical and Psychosocial Aspects**,” IJPPPM, Vol. 6 No. 3, September 1994
- Carter, Ruth, **Editorial - pp. 197-200**, JOPPPAH Vol. 14 No. 3-4, Spring/Summer 2000, Double Issue on Cesarean Birth
- English, Jane, “**Four Perspectives on Being Born Cesarean**,” JOPPPAH, Vol. 14 No. 3-4, Spring/Summer 2000
- English, Jane, “**Stories from a Journey Through a Different Doorway**,” JOPPPAH, Vol 31 No. 4, Summer 2017  
text version of the illustrated keynote talk at the 2013 ISPPPM conference.

### Books

- Armstrong, Thomas, 2007 and 2019, *The Human Odyssey: Navigating the Twelve Stages of Life*— see especially the prenatal chapter—about the hormones of labor inducing forgetfulness of expanded prenatal consciousness
- English, Jane, 1985, *Different Doorway: Adventures of a Cesarean Born* — The author’s seminal work on the world of the cesarean born. *Out of print* - see <https://www.cesareanvoices.com/dd.html>  
**pdf of the book w/ full color illustrations** at <https://www.cesareanvoices.com/DD-revised.pdf>
- Grof, Stanislav, 1988, *The Adventure of Self Discovery*, pp. 31-33 — artwork and descriptions by Jane English showing the perinatal world of a person born non-labor cesarean. Grof’s map of vaginal birth, discussed in this book and in his earlier books, inspired Jane English to find a corresponding map for those born non-labor cesarean.
- Odent, Michel, 2004, *The Cesarean*, pp. 33-34 and 54-57 — discussion of cesarean birth creating a different “native” culture. The whole book is good background reading.