

Get Free Making Friends With Your Fertility A Clear Comforting Guide To Reproductive Health Supporting You Through Getting Pregnant Ivf And Assisted Conception Fostering And Remaining Child Free

## **Making Friends With Your Fertility A Clear Comforting Guide To Reproductive Health Supporting You Through Getting Pregnant Ivf And Assisted Conception Fostering And Remaining Child Free**

This friendly guide combines professional and personal advice on every aspect of fertility and infertility. From deciding when to seek help and what help to seek, to the emotional, financial, and medical considerations of fertility treatments, you'll be reassured every step of the way with all the support and specialist advice you need to increase your chances of a healthy and happy pregnancy.

If you're eager to have a baby, doesn't the title say enough? Laugh, cry, share, relate - LOVE this book and all it offers to your soul. It's wit, wisdom and warmth from an author you'll quickly see as your sincere fertility-challenged friend. This information-packed, inspiring story is for women who are struggling with infertility and for those trying to support them. Enjoy an easy-reading journey you'll remember throughout life.

Overwhelmed at the idea of dealing with friends' baby showers, insurance, husbands, needles, tears, heartbreak and surprises? This book captures it all in a delightful way that's packed full of truths and challenges to keep you moving forward. Indulge in a journey - reading this book - that will have you throwing your head back in laughter, curling up in the comfort of feeling understood, having raw honesty give you permission to be exactly who you are. Indulge. You deserve this! Get one for your best friend and your mom too.

"When it comes to the subject of fertility and infertility, and the weight that this delicate, complex, and sensitive journey bears, it's most important to have the right information quickly."--Synopsis.

From fertility counsellor Tracey Sainsbury and Sarah Rayner (bestselling author of Making Friends with Anxiety and One Moment, One Morning) comes a clear and comforting guide to reproductive health, supporting you through the highs and lows of getting pregnant, IVF and assisted conception, adoption, fostering, surrogacy and remaining child-free.

From the author of "Fertility Diary" for the New York Times Motherlode blog comes a reassuring, no-nonsense guide to both the emotional and practical process of trying to get pregnant, written with the smarts, warmth, and honesty of a woman who has been in the trenches. "A compassionate, often funny, well-researched, and ultimately empowering guide."--Lori Gottlieb, New York Times bestselling author of Maybe You Should Talk to Someone There are so many ways to be Not Pregnant: You can be young, old, partnered, or unpartnered. Maybe you have endometriosis. Maybe you don't have enough eggs or your partner doesn't have enough sperm. Or maybe there's nothing wrong except you're Just. Not. Pregnant. Amy Klein has been there. Faced with fertility obstacles, she quickly became an expert. After nine rounds of IVF, four miscarriages, three acupuncturists, two rabbis, and one reproductive immunologist, she finally became a mother. And she wrote about it all for the New York Times Motherlode blog in her "Fertility Diary" column. Now, Amy has written the book she wishes she'd had when she was trying to get pregnant. With advice from medical experts as well as real women, she outlines your options every step of the way, from questions you should

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ask to advice on getting your mother-in-law to mind her own beeswax. In this comprehensive road map to infertility, you'll find topics such as: \* whether to freeze your eggs \* finding (and affording) a clinic \* what to expect during your first IVF cycle \* baby envy--aka it's okay to skip your friend's shower \* whether the alternative route--acupuncture, herbs, supplements--is for you \* helpful tips, charts, and more! Empowering, compassionate, and down-to-earth, *The Trying Game* will show you what to expect when you're not expecting with heart and humanity when you need it the most.

### Making Friends with Your Fertility A Clear and Comforting Guide to Reproductive Health Creative Pumpkin Publishing

Are you having problems becoming pregnant? You're not alone; over 7.2 million Americans are facing the same challenges of infertility. Though some non-experts say that it's all a matter of relaxation or taking medication, you need clear, straightforward, and trustworthy answers from healthcare professionals without feeling insulted, humiliated, or scared. Written with compassion as well as professional knowledge, *Infertility for Dummies* combines comfort and expertise to walk you through your journey to becoming pregnant. This plain-English guide explains how infertility affects both men and women, while covering the latest treatments. It covers all key areas, including: Determining if you are infertile Maintaining a healthy relationship with your partner Making healthy pre-conception lifestyle changes Understanding the male and female anatomy Techniques for timing your conception Different ways to diagnose infertility Dealing with early pregnancy loss Finding the right doctor Different types of alternative insemination New advances and concerns in infertility Improving your chances of conceiving *Infertility for Dummies* includes strategies for dealing with family and friends — what to expect from them, how to deal with inappropriate comments, and understanding that they are just trying to help. This book also provides the names and profiles of fertility medications and where you can find them.

From the New York Times bestselling author of *Who Thought This Was a Good Idea?* comes a fun, frank book of reflections, essays, and interviews on topics important to young women, ranging from politics and career to motherhood, sisterhood, and making and sustaining relationships of all kinds in the age of social media. Alyssa Mastromonaco is back with a bold, no-nonsense, and no-holds-barred twenty-first-century girl's guide to life, tackling the highs and lows of bodies, politics, relationships, moms, education, life on the internet, and pop culture. Whether discussing Barbra Streisand or *The Bachelor*, working in the West Wing or working on finding a wing woman, Alyssa leaves no stone unturned...and no awkward situation unexamined. Like her bestseller *Who Thought This Was a Good Idea?*, *SO HERE'S THE THING...* brings a sharp eye and outsize sense of humor to the myriad issues facing women the world over, both in and out of the workplace. Along with Alyssa's personal experiences and hard-won life lessons, interviews with women like Monica Lewinsky, Susan Rice, and Chelsea Handler round out this modern woman's guide to, well, just about everything you can think of.

An updated edition of a trusted resource on the all-too familiar topic of infertility. Includes questions at the end of each chapter, lists for recommended reading, case histories, and personal testimonies.

A consultant to numerous sportswomen and celebrities, and the performance expert behind

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the incredible Comic Relief and Sports Relief challenges, Professor Greg Whyte OBE is well known for his innovative fitness programmes which are regarded as the gold standard when it comes to healthy living. In *BUMP IT UP*, Greg clears away the confusion and dispels the many myths surrounding exercise and pregnancy to offer invaluable guidance on how to exercise safely and eat healthily through each trimester and beyond. Describing pregnancy as a two-year journey, not merely one that lasts for nine months, Greg, a father of three, also explains how the right exercise and a healthy, balanced lifestyle will ...

- boost your chances of conception
- help you to be fit and relaxed through each stage of your pregnancy
- reduce your stress levels as you prepare for labour
- keep you energized and active as you adapt to the demands of motherhood

Guiding you through each trimester, Greg provides an easy-to-follow, fully illustrated exercise programme suitable for all levels of fitness, and a healthy eating plan, which includes expert guidance on nutrition and a range of delicious and adaptable recipes created by an award-winning food writer. Designed to keep you feeling on top form, and with an inspirational foreword by mum and celebrity fitness expert Davina McCall, *BUMP IT UP* is both practical and empowering – a one-stop-shop for essential advice on how to be fit, active and healthy before, during and after pregnancy.

The authors—including the director of the NYU Fertility Center—answer all of the pressing questions about fertility health—looking at such factors as stress, age, diet, chemicals, holistic medicine and more—in a book that is helpful whether one is planning to wait to have kids or are starting the process now.

Ever had irregular periods? Do you find you're always putting on weight? Do you feel tired and emotional, and up one minute, down the next? Or do you struggle with adult acne, hair loss, or facial and body hair where you don't want it? You could have PCOS, a hormonal health condition that affects one in ten women in the UK – and is one of the most common causes of fertility problems. So if you do have PCOS, chances are you have questions about fertility buzzing around your head: Am I fertile? What can I do to boost my chances of pregnancy? Will irregular periods stop me from getting pregnant? I've been trying for months – what next? Will fertility drugs help me? The good news is that no matter what stage you're at, this book can help. Written by two women with PCOS at different stages of their fertility journeys, it will help you:

- discover how and why PCOS can affect your fertility
- find out from the experts and other women how they have overcome non-conception
- make a step-by-step action plan to enhance your fertility
- work out which fertility treatments are best for you.

Alisa Vitti found herself suffering through the symptoms of polycystic ovarian syndrome (PCOS), and was able to heal herself through food and lifestyle changes. Relieved and reborn, she made it her mission to empower other women to be able to do the same. As she says, 'Hormones affect everything. Have you ever struggled with acne, oily hair, dandruff, dry skin, cramps, headaches, irritability, exhaustion, constipation, irregular cycles, heavy bleeding, clotting, shedding hair, weight gain, anxiety, insomnia, infertility, lowered sex drive, or bizarre food cravings and felt like your body was just irrational?' With this breadth of symptoms, improving hormonal health is a goal for women at every stage of their lives Alisa Vitti says that medication and anti-depressants aren't the only solutions. The thousands of women she has treated in her Manhattan clinic know the power of her process that focuses on uncovering your unique biological make up. Groundbreaking and informative, *WomanCode* educates women about hormone health in a way that's relevant and easy to understand. Bestselling author and women's health expert Christiane Northrup, who has called *WomanCode* the 'Our Bodies, Ourselves of this generation', provides an insightful foreword.

Easy-to-understand material on endometriosis, which can often be debilitating and is increasingly common. Endometriosis affects one in five women and is also a leading cause of infertility. This book covers: diagnosis and treatment options; pain management techniques; self-care strategies; fertility issues; and how to take control of your health and gain support.

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This book is essential reading for women with endometriosis, their partners and families - it answers many frequently-asked questions about the condition. It includes interviews with leading endometriosis specialists as well as inspiring interviews with sufferers such as food writer Allyson Gofton, author Maggie Eyre and Goldenhorse's singer Kirsten Morelle, who have all lived with endometriosis. 'Andrea has written an informative and comprehensive guide book to endometriosis which includes easy-to-follow self-help tips so that the reader will feel knowledgeable about treatment and can actively be involved in disease management.'

Deborah Bush QSM CEO New Zealand Endometriosis Foundation

Over five editions, How to Market Books has established itself as the standard text on marketing for both the publishing industry and the wider creative economy. Industry professionals and students of Publishing Studies rely on the techniques and tactics in this invaluable book. With the publishing industry changing fast, and the marketing and selling of content now delivered worldwide through technology, this much needed guide highlights the critical role of the marketer, and the strategies and techniques at their disposal. The book's approach is logical and calming; beginning with marketing theory and moving into how this works in practice. Readers benefit from a blend of practical advice on how to organise and deliver marketing plans – and an objectivity which supports their future management of issues not yet on the horizon. Thoroughly updated, this 6th edition maintains the book's popular, accessible and supportive style, and now offers: A fully international perspective for today's global industry New case studies to illustrate changing industry issues and application Completely updated coverage of digital and social marketing and GDPR Topical updates, more case studies and tips on getting work in publishing on a companion website Detailed coverage of individual market segments, bringing relevance to every area of publishing

An engaging guide to navigating the challenges of infertility. After seven years of tests and more tests, treatments and more treatments, Elizabeth Swire-Falker understands what it means to struggle with infertility. In this frank, reassuring, and thoroughly researched handbook, she shares her own personal experience and offers insight into what challenges to expect along the way—from getting support to finding the right doctor to dealing with insurance. From GP and hospice doctor Patrick Fitzgerald and bestselling author Sarah Rayner (Making Friends with Anxiety, One Moment, One Morning) comes a warm and wise companion to support you and those caring for you in the last months, weeks and days of life. Helps with the shock of diagnosis and explains treatment options and methods of symptom control.

'A refreshingly healthy take on social media and particularly good on body image' Lorraine Candy, Sunday Times The teen years are tough - for teens and for parents. Many parents dread the moodiness, dishonesty, preference of friends over family, exam stress, and the push for greater independence. Mothers have a pivotal role to play; this is a guidebook for parents and mothers of girls in particular as they navigate the rocky teenage landscape with their daughters aged 8 to 18. It aims to help them embrace the potential of their child's teenage years by marking this time of growing maturity for girls and celebrating it with them. We celebrate birth, marriage and death, but this important life-transition from child to young adult is nowadays rarely acknowledged within an appropriate community. With mental health issues in young people on the rise, and social media, reality television and smartphone culture serving to exacerbate these problems, it is no surprise that parents are looking for help in raising their daughters through these tricky years. From Daughter to Woman is the indispensable guide to doing just that.

In This Comprehensive But Easy-To-Understand Book, The Authors, Who Are India'S Leading Infertility Specialists, Explain Clearly And Lucidly What Is Infertility, How It Is Caused, How It Can Be Treated, And How Infertile Couples Can Cope With It Effectively. Through This Book, The Authors Hope To Educate Not Only The Infertile Couple But Also The General Public About The Magnitude Of The Problem, The Acute Agony And The Sense Of Helplessness

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That It Engenders, And How Treatment Can Help In Tackling This Problem. The Most Important Point That This Book Seeks To Drive Home Is That Infertile Couples Should Not Lose Hope And Should Actively Participate In Medical Treatment Of Their Infertility. Infertility can be a frustrating and heartbreaking disorder compounded by complicated treatments and so-called miracle cures on the market. But couples who have trouble conceiving need all their options laid out in one convenient guide. In this book, you'll find the medical and holistic information you need to conceive and bear a happy, healthy child, such as: Side effects of the latest fertility drugs Yoga poses that aid fertility What to expect when seeing a fertility expert Birth rates associated with various treatments Coping methods for dealing with loss With this authoritative and friendly guide, getting pregnant doesn't have to be a stressful process. Armed with knowledge and reassurance, you will be ready to make the choices that work best for you and start you family, today.

Maximise your chance of getting pregnant with this up-to-date and authoritative book that provides a clear and holistic approach to fertility. Areas including: Understanding your body and maximising your chances of conceiving naturally as well as through complex treatments such as IVF, IUI and egg freezing A pre-conception plan with sections on lifestyle, nutrition and the role of stress The common (and uncommon) causes of fertility problems in both men and women Options for single people and same-sex couples Up-to-date information on ethics, funding and the law both nationally and internationally Insightful testimonials from patients dealing with fertility problems and the emotional impact of treatment. Written by Professor Mary Wingfield, one of Ireland's foremost fertility experts who has helped hundreds of people to conceive over the last thirty years. All royalties from the sale of this book will be donated to the Merrion Fertility Foundation, which funds fertility treatment.

Making Babies offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying "fertility types," they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. Making Babies is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

You can have it all! Abby Barton's TV career is taking off and now she and her husband can have the life they've always dreamed of in a lovely Irish town -- at least, in theory! But when your husband takes you for granted and your teenage daughter hates you, an adoring old flame can spell danger to your seemingly perfect life. Fortunately, Abby has her friends to keep her sane. For starters, her best friend, Sally, owns a beauty salon, and Sally and her husband throw fantastic parties, where there are still more friends to be made. Just be sure to share. Sally's friend Lizzie makes time for everybody: her gal pals, her grown children, even her ex-husband. But when her ex finds someone new, Lizzie can't help but wonder if she'll ever love again. The women are all thrilled to meet Erin, who has moved home to Ireland from Chicago for her husband's new job. But is she cut out for small-town life, and what of the family she left behind years ago? Together and on their own, these four women are about to face highs and lows they never anticipated. Only from each other can they learn that life is for the living and that they need to grab it with both hands....

Written by one of the country's leading complementary fertility specialists, The Baby-Making Bible draws together Emma Cannon's years of experience and success in treating couples hoping to get pregnant. Her special plan blends the ancient wisdom of Chinese medicine with the highest standards in Western medical practice. Whether you are trying for a natural conception or undergoing treatment for assisted conception, she offers a practical plan you can

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follow to create a fertile environment and encourage healthy baby-making. Emma approaches fertility in its widest context by taking you through her essential couples' health and lifestyle check, and makes suggestions to help you achieve optimum dietary, environmental and emotional health. She also offers specific advice for anyone who has been diagnosed with unexplained infertility or who is embarking on fertility treatment. The book features a foreword by Dr Tim Evans. 'Emma Cannon is a new health guru' - RED magazine

For many couples, getting pregnant can be a harrowing and emotionally draining experience. In fact, one in every six couples of childbearing age has a problem conceiving. The Everything Getting Pregnant Book is a one-of-a-kind fertility book that outlines the steps to follow when planning for a pregnancy, such as discontinuing birth control methods, exercising, and eating well. This exhaustively researched guide also provides explanations of a wide-range of fertility treatments available today, what they entail, and their success rates - allowing parents to choose their treatment wisely. The Everything Getting Pregnant Book helps readers understand: Assisted Reproductive Technology Fertility surgery Low-tech fertility aids Male and female factor infertility Medication therapy Menstrual cycle basics Whether couples are thinking about pregnancy and want to plan ahead or are already trying and have not yet met with success, The Everything Getting Pregnant Book will have them getting up for 3 A.M. feedings in no time.

What to expect. . . the first step. Answers to all your baby-making questions. Are there ways to improve our chances of having a girl (or boy)? Does stress affect fertility? Should we be having sex every day? Every other day? Three times a day? I'm 37. Does that mean I'll have a harder time getting pregnant? How long should we keep trying to conceive before we get some help? What fertility treatments are available—and how will we be able to pay for them? Expecting to expect? Plan ahead. Here's everything you need to know to help prepare for the healthiest possible pregnancy and the healthiest possible baby. Filled with practical tips, empathetic advice, and savvy strategies, all designed to help you get that baby of your dreams on board faster. How to get your body into the best baby-making shape. Which foods feed fertility. Which lifestyle habits to quit and which to cultivate. All about baby-making sex, from timing to positions to logistics—and how to keep it sexy. Figuring out your fertility (and his). When to seek fertility help, and the latest on tests, treatments, and reproductive technology. Expecting to become a dad? This book has you covered, too. Plus, all about the family-building options for single women and same-sex couples.

If you and your partner have struggled with fertility issues, you're well aware of the emotional roller coaster of confusion, frustration, and disappointment that infertility can set in motion. This book offers a comprehensive set of mind-body techniques you can use to help improve fertility from the comfort of your home and make the most of in vitro fertilization (IVF) or other fertility treatments. The stress reduction exercises, coping strategies, and simple lifestyle changes in The Infertility Workbook have been shown in research studies to improve fertility and increase pregnancy rates for couples. As you work through the book, you'll develop the skills you need to make peace with your body, let go of your fears, and help increase your chance of pregnancy. The book includes exercises and worksheets for: Understanding how worry and stress affect fertility Finding and working with a fertility specialist Coping with envy, disappointment, and blame Making the lifestyle choices that can help you conceive A brilliant exploration of the natural, medical, psychological, and political facets of fertility When Belle Boggs's "The Art of Waiting" was published in Orion in 2012, it went viral, leading to republication in Harper's Magazine, an interview on NPR's The Diane Rehm Show, and a spot at the intersection of "highbrow" and "brilliant" in New York magazine's "Approval Matrix." In that heartbreaking essay, Boggs eloquently recounts her realization that she might never be able to conceive. She searches the apparently fertile world around her--the emergence of thirteen-year cicadas, the birth of eaglets near her rural home, and an unusual gorilla

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pregnancy at a local zoo--for signs that she is not alone. Boggs also explores other aspects of fertility and infertility: the way longing for a child plays out in the classic Coen brothers film *Raising Arizona*; the depiction of childlessness in literature, from *Macbeth* to *Who's Afraid of Virginia Woolf?*; the financial and legal complications that accompany alternative means of family making; the private and public expressions of iconic writers grappling with motherhood and fertility. She reports, with great empathy, complex stories of couples who adopted domestically and from overseas, LGBT couples considering assisted reproduction and surrogacy, and women and men reflecting on childless or child-free lives. In *The Art of Waiting*, Boggs deftly distills her time of waiting into an expansive contemplation of fertility, choice, and the many possible roads to making a life and making a family.

Infertility is a heartbreaking condition that affects nine million American couples each year. It causes tremendous stress, can trigger debilitating sadness and depression, and can tear a marriage to shreds. In *Conquering Infertility*, Harvard psychologist Alice Domar—whom *Vogue* calls the “Fertility Goddess”—provides infertile couples with what they need most: stress relief, support, and hope. Using the innovative mind/body techniques she has perfected at her clinic, Domar helps infertile women not only regain control over their lives but also boost their chances of becoming pregnant. With *Conquering Infertility*, women learn how to cope with infertility in a much more positive way and to carve a path toward a rich, full, happy life. Everything you need to know about egg freezing . . . because your most productive years coincide with your most reproductive years. “I have plenty of time to think about having kids . . .” “I’ve always liked the idea of having kids, but I never met the right partner . . .” “Can’t I freeze my eggs later . . . ?” Sound familiar? *Eggs Unscrambled* is the girlfriend’s guide to everything you need to know about your reproductive options, especially the groundbreaking technology that has revolutionized the modern woman’s life: oocyte cryopreservation. With the help of NYU Langone Fertility Center’s Dr. Nicole Noyes and Dr. Sarah Druckenmiller, Fischer debunks common misconceptions about fertility, offers no-nonsense details of the egg freezing process, and lays out a real plan to help you make important life-changing decisions in an informed way. **THE TRUTH:** —The number of eggs in a woman’s ovaries peaks while she is still in the womb, and it is all downhill from there! —Women only spend about twelve minutes every year talking to their gynecologists. —Men have a biological clock, too. **THE LIES:** —Getting pregnant is easy. —Prince Charming will come, one day. —You have all the time in the world—even into your forties—to get pregnant. **THE ESSENTIAL QUESTIONS:** —At what age should you start considering egg freezing? —Are you willing to be a single mom? —Can you afford the expensive procedure?

The first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses’ Health Study More than 6 million women in the United States alone experience infertility problems User-friendly, medically approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School’s top voices in nutrition

*Coping with Infertility* is an essential source of emotional support for any couple struggling with involuntary childlessness. The book offers proven techniques and real-life examples from both men and women, in order to outline common emotional reactions and remind couples that they are not alone in their ups and downs. The coping skills discussed in the book have been assembled from years of working with individuals in clinical trials and have undergone rigorous scientific testing. These state-of-the-art techniques have been shown to be effective in helping couples deal with the stress, depression, relationship problems, and grief often associated with infertility. *Coping with Infertility* is an easily accessible and problem-focused guide for couples to use in overcoming the emotional roadblocks of infertility.

The purpose of this book is to help those who are struggling to become pregnant for whatever reason. Starting a family is a big decision and most of us expect it to happen pretty quickly. But what if it doesn't? What should we do next when we have tried for a

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year and nothing has happened? Many people assume the next step is IVF but this is only one option in a vast line of options available and is certainly not right for everyone. Many of you who were labelled "infertile" will be able to become pregnant naturally by following a few simple steps outlined in this book. Jessica will take you through a logical process of understanding your own body and reproductive system. It is amazing how little we were taught at school about our reproductive health and our body's normal fertility signals. This book will cover male and female fertility separately- how to optimise naturally fertility in both men and women, how to read the body's fertile signals, tests which may be required, and if there is a problem, the appropriate solutions which are available. This book will also cover the psychology of trying to get pregnant, the truth about ageing and fertility, miscarriages and dealing with loss, and assisted reproductive technologies. There is progress all the time in the world of fertility and conception and it is important you understand what these options are and when they are right for you. This will allow you to assist your medical team in getting a solution that you all want- a healthy baby. One of the most stressful things about entering the world of infertility is the feeling of lack of control, feeling like you are on a treadmill of tests and procedures and feeling more and more resentment towards all your friends who are announcing their pregnancies. There is a lot of information out there- some of it is confusing, some of it is contradictory and some of it is misleading. This book pulls together the latest research in one place in a logical way that you can understand so you know what you need to do next to get a successful pregnancy. Some of you will be able to become pregnant naturally without any intervention by making a few very simple changes. Others may need some assistance but you will know much more clearly what you need and the logical steps to follow. Trying to get pregnant can be overwhelming; knowledge is power- grab this book and take back control of your life!

From the bestselling authors of *The First Forty Days* comes a gently nurturing guide for aspiring mothers. The path to motherhood is a deep and transformative process. It can also include unexpected twists and turns. *Awakening Fertility* is a loving companion to accompany you along the journey—whether your desire to become a mother burns fiercely today or is a future calling just beginning to stir. Intended for women at every stage of the preconception process, this book offers wisdom and guidance to support your body, mind, and spirit—including nearly 50 delicious recipes to nourish yourself deeply.

Celebrating 10 years of helping hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, and gain better control of their health and lives, the 10th Anniversary Edition of the classic bestseller will include:

- New 'Preface to the 10th Anniversary Edition'
- Updates on new fertility technologies
- Natural approaches to conception
- Updated Resources and Books

For any woman unhappy with her current method of birth control; demoralized by her quest to have a baby; or experiencing confusing symptoms in her cycle, this book provides answers to all these questions, plus amazing insights into a woman's body. Weschler thoroughly explains the empowering Fertility Awareness Method, which in only a couple minutes a day allows a woman to:

- Enjoy highly effective, scientifically proven birth control without chemicals or devices
- Maximize her chances of conception or expedite fertility treatment by identifying impediments to conception
- Increase the likelihood of choosing the gender

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of her baby •Gain control of her sexual and gynecological health

A clear and comforting guide to support you as your body changes by bestselling author Sarah Rayner with Dr Patrick Fitzgerald. There is practical advice on hot flushes and night sweats, anxiety and mood swings, muscular aches and loss of libido, early-onset menopause, hysterectomy and more, plus a simple explanation of each stage of the menopause so you'll know what to expect in the years before, during and after. You'll find details of the treatment options available and their pros and cons, together with tips and insights from women keen to share their wisdom on a subject many still find hard to talk about. Whether you're worried about feeling invisible, weight gain or loss of fertility, or simply want to take care of yourself well, knowledge is power, and Making Friends with the Menopause will give you a greater understanding of the process, so you can enjoy your body and your sexuality as you age. \* From the author of the international bestselling novel One Moment, One Morning \* And the word-of-mouth success Making Friends with Anxiety, a warm, supportive book to ease worry and panic \* Includes advice on all the major health issues that can arise as a result of hormone change \* Thoroughly researched and bang-up-to-date \* Includes traditional and complementary medicine \* Gives guidance on how to get the most from your GP appointments and finding good alternative practitioners \* Useful links throughout, plus details of helplines and recommended reads \* Fully illustrated with photographs by the author \* Ongoing online support group available PRAISE FOR SARAH RAYNER: 'Explores an emotive subject with great sensitivity' Sunday Express 'You'll want to inhale it in one breath' Easy Living 'Carefully crafted and empathetic' The Sunday Times 'Brilliant...Warm and approachable' Essentials 'A sympathetic insight into the causes and effects of mental ill-health as it affects ordinary people. Powerful' My Weekly

**MAKING BABIES THE MUST-HAVE BOOK FOR REPRODUCTIVE ISSUES** -Making Babies is a thorough and comprehensive compilation of up-to-date scientific research, blended with a wealth of informative, empirical practical knowledge, and is packed full of relevant self-help information that has something to suit everyone. This book has been combined to offer you a 'warts and all' overview of both the medical approach to reproductive dysfunctions and the effective benefits that holistic, natural medicines and conventional, orthodox medicine can have on influencing your reproductive health, general wellbeing and gender selection. -Making Babies is an easy-to-read guide that covers in-depth descriptions of all the major medical and complementart therapies from acupuncture, diet, clinical nutrition, herbal medicine, homeopathy, medically assisted technology, surgical procedures, IVF, prescription medications and much more. This book is essential reading that will assist in preparing and educating you on the various causal factors, medical conditions and all the very latest in treatment protocols from both medicine and complementary natural medicine. -Some of the topics covered include: Endometriosis, miscarriage prevention, PCOS, PMS, fibroids, menstrual dysfunction, hormone imbalances, male reproductive disorders, detoxification, general wellbeing, stress management, relationship dynamics, pregnancy support, and fertility boosting techniques. Learn of new and traditional methods that available today that can improve both you and your partner's pre-and post-conception health care, optimise fertility success and influence the future generational health of your offspring. Making Babies is an invaluable guide that can assist you to resolve your reproductive problems

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and help you manage your way through the complexities of the infertility maze.

The Fertility Handbook: A Guide to Getting Pregnant. Whether you're just starting to think about growing your family or have been trying for weeks, months or even years, this book will give you a helping hand on your path to parenthood. Conception is easy only when conditions are perfect. Our bodies are complex systems and creating perfect conditions sometimes requires a little extra knowledge. In these pages, you'll find all you need to know to get pregnant in the shortest time possible including in depth information on: \*Preconception Care \*Dietary Supplements for Optimal Reproductive Health \*How the Body Works and Reproductive Processes \*What Signs to Look For to Improve Your Chances \*Fertility Testing and Treatment \*What May be Keeping You From Getting Pregnant. The Fertility Handbook: A Guide to Getting Pregnant can improve your chances starting today

How Do You Like Your Eggs? is the ultimate guide to the groundbreaking technology that has revolutionised the modern woman's life: oocyte cryopreservation, or egg freezing. Agnes Fischer spent her twenties actively avoiding pregnancy, but when she hit her thirties and couldn't conceive, she found out that having a baby wasn't as easy as advertised. With the help of Dr. Nicole Noyes of the NYU Langone Medical Center, Fischer debunks popular myths about fertility, explains the exciting new technology of egg freezing and arms women with the facts they need to know before it's too late.

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