

Coping With Infertility Miscarriage And Neonatal Loss Finding Perspective And Creating Meaning Lifetools Books For The General Public

"In this book you'll find a thoughtfully edited chronicle of the unique convergence of genetic, hormonal, social, and environmental forces that influence a woman's mental health over the course of her life. Both comprehensive and nuanced, *Women's Reproductive Mental Health Across the Lifespan* captures the science, clinical observation, and collective wisdom of experts in the field. Professionals and laypersons alike are well-advised to make room on their bookshelves for this one!" - Margaret Howard, Ph.D., Warren Alpert Medical School of Brown University; Women & Infants Hospital, Providence RI "This outstanding collection of work is an important, timely, and much needed resource. Dr. Diana Lynn Barnes has been instrumental in bringing attention to the needs of perinatal women for decades. In *Women's Reproductive Health Across the Lifespan*, she brilliantly unites the medical world of reproductive life events with the psychiatric and psychological world of mental health issues associated with them. Her expertise, combined with contributions by distinguished leaders in the field, create a volume of work that should be studied carefully by every medical and mental health provider who works with women." - Karen Kleiman, MSW, The Postpartum Stress Center, Author of *Therapy and the Postpartum Woman* "Finally, a book that addresses the entire scope of women's reproductive mental health spanning the gamut from puberty to menopause. The list of chapter contributors reads like a who's who of international experts. Unique to this book is its focus on the interaction of genetics, hormonal fluctuations, and the social environment. It is a must addition for the libraries of clinicians and researchers in women's reproductive mental health". - Cheryl Tatano Beck, DNSc, CNM, FAAN, Board of Trustees Distinguished Professor, School of Nursing, University of Connecticut

Pregnancy and childbirth are generally viewed as joyous occasions. Yet for numerous women, these events instead bring anxiety, depression, and emotional distress. Increased interest in risk reduction and early clinical intervention is bringing reproductive issues to the forefront of women's mental health. The scope of *Women's Reproductive Mental Health across the Lifespan* begins long before the childbearing years, and continues well after those years have ended. Empirical findings, case examples, and dispatches from emerging areas of the field illuminate representative issues across the continuum of women's lives with the goal of more effective care benefitting women and their families. Chapter authors discuss advances in areas such as fertility treatment and contraception, and present current thinking on the psychological impact of pregnancy loss, menopause, cancer, and other stressors. These expert contributors emphasize the connections between an individual's biology and psychology and cultural expectations in shaping women's mental health, and the balance between a client's unique history and current clinical knowledge clinicians need to address disorders. Included in the coverage: The experience of puberty and emotional wellbeing. Body image issues and eating disorders in the childbearing years. Risk assessment and screening during pregnancy. Normal and pathological postpartum anxiety. Mood disorders and the transition to menopause. The evolution of reproductive psychiatry. A reference with an extended shelf life, *Women's Reproductive Mental Health across the Lifespan* enhances the work of researchers and practitioners in social work, clinical psychology, and psychiatry, and has potential relevance to all health care professionals. Provides information for common questions and concerns about miscarriages, and offers advice to the whole family for dealing with the loss

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

The "Jason Bourne of fertility" (The New York Times Book Review) presents a personal and deeply informative account of one woman's journey through the global fertility industry. On paper, conception may seem like a simple biological process, yet this is often hardly the case. While many would like to have children, the road toward conceiving and maintaining a pregnancy can be unexpectedly rocky and winding. Lawyer Elizabeth Katkin never imagined her quest for children would ultimately involve seven miscarriages, eight fresh IVF cycles, two frozen IVF attempts, five natural pregnancies, four IVF pregnancies, ten doctors, six countries, two potential surrogates, nine years, and roughly \$200,000. Despite her three Ivy League degrees and wealth of resources, Katkin found she was woefully undereducated when it came to understanding and confronting her own difficulties having children. After being told by four doctors she should give up, but without an explanation as to what exactly was going wrong with her body, Katkin decided to look for answers herself. The global investigation that followed revealed that approaches to the fertility process taken in many foreign countries are vastly different than those in the US and UK. In *Conceivability*, Elizabeth Katkin, now a mother of two, exposes eye-opening information about the medical, financial, legal, scientific, emotional, and ethical issues at stake. "A well-researched, informative, and positive account of a very long journey to motherhood" (Kirkus Reviews), *Conceivability* sheds light on the often murky and baffling world of conception science. Her book is an invaluable and inspiring text that will be a boon to others navigating the deep and "choppy waters" of fertility treatment (Publishers Weekly), and her chronicle of one of the most difficult, painful, rewarding, and loving journeys a woman can take is as informative as it is poignant.

'How to Cope with IVF' guides you through a series of lifestyle, nutrition and wellbeing tips in order to maximise your chances of conceiving, and offers clear, practical guidance and information on what's involved in each stage of the IVF process. "How to Cope with IVF" feels like a virtual hand-hold: one I would have wanted to hold very tightly if I'd been able to read it when I went through my IVF treatment" - Infertility Network UK Watch the book trailer here: <https://youtu.be/UWZQpa4TIPk/> If you've just discovered that you need to undergo IVF treatment, or you're in the middle of an IVF cycle, you may find yourself in unfamiliar territory and it can be easy to feel bogged down by the science, the statistics, the success stories and, most worryingly, stories of unsuccessful IVF treatment. Written by Silvia Dunn, a writer with personal experience of both successful and unsuccessful IVF treatment, 'How to Cope with IVF' gives a jargon-free breakdown of the IVF process and recommends coping strategies for each stage, from preparing emotionally and physically for your IVF cycle through to coping with the results. This book also explains how to enhance

your nutrition by eating a variety of superfoods known for boosting fertility, strengthening and repairing immune systems and keeping bodies strong, happy and healthy. It also recommends simple fertility-boosting juices you can add to your daily routine before, during and after IVF. It also arms you with ways in which you can cope with IVF in a healthy and positive way, from relaxation and meditation exercises through to pampering yourself using natural products to manage any physical side effects of fertility drugs. Whatever your fears, concerns, doubts, misconceptions or worries may be, this book will give you hope: hope that you can and will emotionally and physically survive IVF and hope for the future, no matter what happens.

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

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A comprehensive guide for the clinical practitioner. The authors draw from a wealth of empirical research as well as numerous case studies to provide a deep understanding of the experience of infertility and how to help guide patients through the process. Mary P. Riddle, PhD, The Pennsylvania State University, World Campus --

From an esteemed author known for battling gender norms and bringing down "man up" culture, comes this essential guide for men and those who love them. Miscarriage, infertility, and abortion are generally considered women's issues—and while they are far from uncommon in our society, open conversations surrounding those topics are exceedingly rare. They're seen as taboo, even distasteful. And that's just for women. When it comes to men and how they are impacted by these issues, it's almost complete radio silence. It's not that men don't think about these things or aren't affected—after all, they make up half of most couples experiencing these issues—it's that toxic masculinity and gender stereotypes in our society tell men that suffering in silence equals strength and expressing emotions is weakness. It's men not knowing how to feel, how to express those feelings, or if they're even allowed to feel this trauma beyond supporting their partner. In *Men and Miscarriage*, husband and wife Aaron and MJ Gouveia ask men (and others) these questions directly. Using their own personal experiences enduring four miscarriages and a medically-necessary abortion combined with interviews of people from all different backgrounds and walks of life, the couple sheds light on how these topics influence men, women, their relationships, their mental health, and examines the shame and stigma too often associated with pregnancies that don't go as planned.

"I HAD A MISCARRIAGE is Dr. Jessica Zucker's account of her miscarriage that occurred sixteen weeks into her pregnancy, and her journey of recovery following it. Drawing from her psychological expertise and her work as the creator of the viral #IHadaMiscarriage campaign, this book uses Zucker's and other women's experiences to explore grief, healing, and the power of speaking one's truth"--

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.

Pregnancy loss can be devastating, regardless of whether it is early or late in pregnancy or in the short period after a baby is born. In many instances, similar emotions are experienced when a couple learns that their fertility treatments were unsuccessful. This wise, compassionate book teaches proven cognitive-behavioral strategies for coping with infertility and pregnancy loss. You will learn about common grief experiences that occur with such losses, as well as ways to find perspective and meaning, identify and change unhelpful thoughts, gain acceptance, reconnect with others, and reengage in life. By applying these strategies, you can break out of the cycle of sadness and rumination and heal with grace and dignity. As a clinical psychologist, Dr. Amy Wenzel has helped countless women who have experienced infertility, pregnancy loss, and other reproductive traumas. Her extensive knowledge and compassion - augmented by her personal experience coping with neonatal loss and infertility - will help you effectively manage the grief associated with reproductive loss.

Discusses the feelings and physical symptoms that often accompany miscarriage, tells how to adjust to the physical changes that occur after a miscarriage, and explains when to consider another pregnancy

Problems in early pregnancy are among the most common conditions in gynaecology and obstetrics, and in recent years have become an increasingly studied and important field of reproductive medicine. *Early Pregnancy* is the first book to embrace a multidisciplinary approach to this rapidly growing field. It combines the expertise of a wide range of internationally renowned

authors to produce an authoritative reference on the subject, aiming to improve patient care in early pregnancy by making key recommendations for clinicians. The chapters cover a wide range of core subjects as well as addressing the latest developments by translating research into clinical practice. By bringing together essential elements of scientific research and clinical care Early Pregnancy sets a new benchmark for evidence-based patient care and will be essential reading for all clinicians, nurses, trainees and scientific researchers with an interest in early pregnancy.

"Anyone considering a new method of conception or struggling to resolve infertility should read this book. The authors point to the need for more public discussion of infertility and more social support groups for the infertile. Reading and discussing this book is a first step. It is also an excellent supplementary text for courses in human sexuality, sex and gender roles, women and society, or medical ethics, and is guaranteed to provoke lively class discussion." --Contemporary Sociology This revised and updated edition provides an accessible discussion of how new reproductive technologies work and how well they work. Includes gripping personal and professional accounts from infertility specialists and would-be parents who have used in vitro fertilization, donor insemination, surrogacy, and other technologies. Would-be parents speak candidly about the difficult process--repeated office visits, frequent tests, and anxious waiting for results--and the staggering costs--in dollars, stress, and physical consequences. "This book will be useful for several audiences. Infertile women and men considering the new reproductive technologies will find this book an invaluable resource. Health professionals working with infertility patients will find that the book offers helpful insights into the experiences and concerns of their clients. Finally, researchers studying infertility will find this book to be a rich source of interesting hypotheses." --Contemporary Psychology "Lasker and Borg present a thoughtful and sensitive examination of the world of the new reproductive technologies. Most importantly, they offer us the voices of the women and men who have been there: in infertility clinics, in in vitro programs, in so-called 'surrogacy' contracts. They share with us the success and failure, joy and grief of our brave new world of reproduction." --Barbara Katz Rothman, author of *The Tentative Pregnancy: Prenatal Diagnosis and the Future of Motherhood*

Infertility affects about 15 percent of all couples (1 in 7) in the United States, and occurs equally among women and men. When it affects you, it can quickly become one of the most trying times in your life. Your infertility journey, however, does not have to be so difficult. By being empowered with the right information, you can make the right choices ... leading to the most efficient path to success. This unique book is simple yet powerful, and sets you on the right path. It includes the most pertinent medical information that is easy to understand (such as ovulation induction, IUI, IVF, ICSI, PCOS, endometriosis, tubal disease, decreased ovarian reserve, uterine disorders, male factor, fertility preservation, preimplantation genetic screening / PGS / PGD, and reproductive surgery / hysteroscopy / laparoscopy). It also has chapters on social stressors (family, friends, job) and alternative therapies (acupuncture, herbs, yoga, diet). Furthermore, it has anonymous quotes from many infertility patients to put real voices behind the disease. You are not alone. This comprehensive book will serve as a trusted companion on your journey to parenthood. The Infertility Journey is an ideal book to help anybody dealing with infertility. It is also a useful educational resource for anybody who knows someone going thru fertility treatment. This book will greatly improve your understanding of the infertility pathway. Website: www.theinfertilityjourney.com Twitter: @tarunjainmd Facebook: www.fb.com/infertilitybook

Whether it happens to you or someone you love, there's no way to prepare for the overwhelming sense of loss that accompanies a miscarriage. But as Latter-day Saints, we know that Heavenly Father's plan offers solace, even in the face of adversity. *Lost Children* provides specific information about miscarriage and how it affects a person physically, emotionally, and spiritually. Rachele J. Christensen draws on her own experiences with miscarriage and infertility to bring you a comforting guide that's perfect for anyone who's had to struggle through this trial. Strengthen your testimony of the eternal plan as you learn to find happiness in spite of trials and joy in spite of pain.

A practical handbook for couples confronting the painful challenges of infertility explains how to reduce one's feelings of helplessness, isolation, unfair expectations, and loss in order to move on with one's life. Original. 20,000 first printing.

This book presents the latest in-depth, case-based counseling approaches to new, increasingly complex psychosocial issues of patients requiring assisted reproduction.

This book, titled *Hilariously Infertile*, is on a mission to make others who have struggled with infertility, laugh (perhaps while their feet are still in the stirrups and their vaginas are enjoying the fresh air of the fertility clinic). It is a comedic, self-deprecating, look into the harsh, scary, and often sad world of infertility. *Hilariously Infertile* will make you laugh out loud while wishing you could have a glass of wine with the author and discuss how you relate to her story. The author pokes fun at the infertility world, with jokes, such as, equating the constant gynecological exams to her sluttiest days in college, and wondering if her husband will be home in time to stick it (the IVF ass shot) into her butt. We follow the author's journey from trying to conceive on her own, discovering she is infertile, getting pregnant, and then doing it all again for her second child. The entire journey is marked with uproarious scenes that any woman who has ever been to the gynecologist can identify with. At times, the author's candor will surely lead the reader to conclude that the outlandish stories cannot be true. But they are, all of them. Included in the journey is a chapter on being a new mom. This chapter is funny and real. It does not boast about being a parent, to those who still may be on that path; rather, it speaks candidly about the adjustment to a new life that the author worked hard to achieve, via fertility treatments, and yet still was not ready for. There is no filter for the author of *Hilariously Infertile*. This book tells it like it is, from sex, to infertility, to being a mother and a wife. If you have thought it somewhere deep down inside, this book says it aloud.

Reassurance for parents who struggle with anger, guilt, and despair after a miscarriage, stillbirth, infant death.

Provides comfort and hope for women who fear that their lost pregnancy may be their last.

Surviving the challenges of infertility Often enduring years of heartache, couples with infertility number over 7.3 million. Enduring the daunting difficulties of treatment is something few women are prepared for. Based on the personal stories of 200 women determined to overcome infertility, this surprisingly upbeat survivors' guide gives the kind of hard-won wisdom essential to making it through the process. Not only does the book detail coping strategies, it also presents tips for strengthening stressed relationships and addresses the unique needs of single women and lesbians. An essential guide for women and couples, friends and family, and health care providers and therapists, this book offers the solace and strength needed to prevail even after years of struggle. Written by a therapist, consultant, and public speaker dedicated to the study of infertility and its emotional impact Other titles by Shapiro: *When Part of the Self Is Lost* and *Infertility and Pregnancy Loss* For any woman or couple who feel as if they're facing infertility alone, *When You're Not Expecting* is a must-have book. <http://connieshapiro13.blogspot.com/>

Infertility affects one in eight couples, causing widespread grief, anxiety, and stress affecting both men and women. One-third of

infertility is attributed to male factor; another one-third to female factor; and the remainder from both and unexplained factors. Increasingly, research indicates that certain experiences during infertility can trigger or exacerbate posttraumatic stress disorder. PTSD alters how people view themselves, the world, and their future. Insomnia, flashbacks, acute anxiety, avoidance, triggers, and other symptoms of PTSD create significant physical and psychological challenges to manage, in addition to the everyday complexities of infertility. No book can replace the help of a qualified trauma counselor, but *Infertility and PTSD* offers validation, explanation, and a roadmap for those suffering. Trauma-informed therapist Joanna Flemons explains the complex relationship between PTSD and infertility, and offers proven techniques and strategies for reducing trauma symptoms and loosening the powerful grip of PTSD. An insightful examination of a complex issue only just being recognized, *Infertility and PTSD* is an invaluable aid for men and women experiencing infertility-triggered PTSD and for family and friends who want to help them navigate what seems like an uncharted storm.

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 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.

For people experiencing infertility, wanting a baby is a craving unlike any other. The intensity of their longing is matched only by the complexity of the emotional maze they must navigate. With insight and compassion, Drs. Janet Jaffe, Martha Diamond, and David Diamond--specialists in the field of Reproductive Psychology who have each experienced their own struggle with infertility--give couples the tools to: *Reduce their sense of helplessness and isolation *Identify their mates' coping styles to erase unfair expectations *Listen to their "unsung lullabies"--their conscious and unconscious dreams about having a family--to mourn the losses of infertility and move on. Ground-breaking, wise, and compassionate, *Unsung Lullabies* is a necessary companion for anyone coping with infertility.

Not Broken is a comprehensive, evidence-based but easy-to-read guide for anyone who wants to understand all aspects of miscarriage and recurrent pregnancy loss. Whether you are a patient struggling with miscarriages or a medical provider caring for patients with recurrent pregnancy loss, you will learn something from this resource. Dr. Shahine explains not only a typical Western medicine approach to evaluation and treatment for miscarriage but also includes Eastern approaches to care, lifestyle factors that will decrease your risk of miscarriage, and the emotional impact of recurrent pregnancy loss. You will finish this book feeling more empowered to be an advocate for your care and more hopeful than ever to continue towards your family goals. "I have one word to describe this fabulous book: FINALLY. Women with recurrent pregnancy loss have been needing this book for years." - Dr. Alice Domar, associate professor of obstetrics, gynecology, and reproductive biology at Harvard Medical School and author of *Conquering Infertility* and *Finding Calm for the Expectant Mom*

SMALL MIRACLES is a landmark Australian self-help book offering practical advice, inspiration and comfort for anyone coping with the loss of a baby through miscarriage, stillbirth or prematurity and related issues such as infertility.

A practical and evidence-backed approach for improving egg quality and fertility—fully revised and updated in 2019. The latest scientific research reveals that egg quality has a powerful impact on how long it takes to get pregnant and the risk of miscarriage. Poor egg quality is in fact the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. Based on a vast array of scientific research, *It Starts with the Egg* provides a comprehensive program for improving egg quality in three months, with specific advice tailored to a variety of fertility challenges—including endometriosis, unexplained infertility, diminished ovarian reserve, PCOS, and recurrent miscarriage. With concrete strategies such as minimizing exposure to common toxins, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.

Close to one in four American women experience the silent grief of pregnancy loss. *Loved Baby* offers much-needed support to women in the middle of psychological and physiological grief as a result of losing an unborn child. In *Loved Baby*, author Sarah Philpott gently walks alongside women as they experience the misguided shame, isolation, and crushing despair that accompany the turmoil of loss. With brave vulnerability Sarah shares her own and others' stories of loss, offering Christ-filled hope and support to women navigating grief. This fresh and compassionate devotional offers: · Real talk about loss · Christ-filled comfort · Tips to manage social media, reconnect with your partner, and nourish your soul · Knowledge that your child is in heaven · Strategies to walk through grief · Ways to memorialize your loss Whether your loss is recent or not, *Loved Baby* can be your companion as you move from the darkness of grief toward the light of hope.

Give yourself the best-possible odds for getting pregnant and having a baby with this concise, expert, and encouraging companion as your guide! In the only general guide to infertility written by a medical doctor who specializes in the subject, Mark Trolice, MD—who is board-certified in both OB/GYN and REI (Reproductive Endocrinology and Infertility)—shares the practical knowledge he has gained from working in infertility medicine for years, with many hundreds of patients, along with the warmth and wisdom he has acquired from getting to know prospective parents from all kind of backgrounds. The journey from infertility to fertility, from childlessness to a brand-new baby, can be long and arduous. It involves complicated medical diagnoses, a wide range of treatment options, a host of potential lifestyle changes, lots of emotional ups and downs, and—even with the best medical insurance—challenging financial decisions. Your doctors cannot decide everything for you, and that is why an authoritative and comprehensive book, written in clear and understandable language for the layperson, is essential. This is that book. The book opens with an exploration of all the possible causes of infertility, covering both couples who have never been pregnant and ones who have had recurrent losses of pregnancies. Unique among infertility guides, this volume gives roughly equal weight to male and female causes, which is important because about 40% of infertility cases are due to men's issues—and some couples need to address issues in both the prospective mother and prospective father. It covers endometriosis, fibroids, POS (Polycystic Ovarian Syndrome), tubal factor, male factor, and other possible causes. Next it looks at your treatment options. Importantly, these are not just medical interventions, but they also include lifestyle changes you alone can make, involving sleep, diet, exercise, and other forms of self-care. Among medical options, IUI (Intrauterine Insemination), IVF (In Vitro Fertilization), and various surgical procedures are covered in detail. Some couples are lucky to have a short journey to fertility. For others, the process takes years. With a gentle and sure hand, and non-judgmentally, Dr. Trolice guides you through the many decisions you need to make along the way, such as whether or not to continue treatments, whether to change practitioners or treatments, and whether it is a good idea to continue to spend money on procedures not covered by your insurance. He understands that these are emotionally weighty decisions that involve the future of your family, and he provides ample grounds for optimism and hope, empowering you as you take this journey.

Whether it Happens to you or someone you love, there's no way to prepare for the overwhelming sense of loss that accompanies a miscarriage. But as Latter-day Saints, we know that Heavenly Father's plan offers solace, even in the face of adversity. *Lost Children* provides specific information about miscarriage and how it affects a person physically, emotionally, and spiritually. Rachelle offers insight and reassurance for those who have suffered miscarriage and guidance for those desiring to comfort their loved ones. She emphasizes that we are all children of a loving Heavenly Father, despite the trials we face.---Richard Paul Evans Any woman that has lost a child and felt that she too has been lost along the way will find comfort, security, and hope within the pages of this book.---Josi S. Kilpack, author of *Unsung Lullaby* *Lost Children* is one of those high-quality reference books that belongs on every therapist's bookshelf. I intend to utilize this book in my practice and highly recommend it as a source of help and comfort.---Russell Beck, LPC and Licensed Designated Examiner for the state of Utah With facts, gospel insight, experience, and compassion, *Lost Children* provides understanding and help to those coping with the very real emotions that accompany miscarriage.---Jamie Theler, author of *Enjoying the Journey* and coauthor of *Parenting the Ephraim's Child* *Coping with Infertility, Miscarriage, and Neonatal Loss* Finding Perspective and Creating Meaning Amer Psychological Assn

This comforting and healing book is a must--not only for women who have at one time experienced pregnancy loss but also for their parents, sisters, daughters, brothers, and friends. Kim Kluger-Bell's extensive fieldwork as a therapist specializing in the psychodynamics of reproductive crises strips away the shrouds of silence surrounding pregnancy losses and abortions, giving new voice to these "unspeakable losses." Filled with in-depth stories of those who have experienced losses and solid, practical advice with mourning rituals and services, *Unspeakable Losses* is a necessary companion to all those who have experienced pregnancy loss and those who care about them. This soothing book is a must--not simply for women who have experienced pregnancy loss, but also for their partners and those who care about them. Kim Kluger-Bell, a therapist specializing in the psychodynamics of losing a child before birth--whether to abortion, miscarriage, or other loss--strips away the shrouds of silence surrounding this unique pain. She gives new voice to these "unspeakable losses," in a culture that has rendered its discussion taboo. Combining in-depth stories with solid, practical advice, *Unspeakable Losses* articulates the myriad emotional stages that arise from pregnancy loss and validates what can otherwise be a terribly lonely experience. This book is a vital companion for women and men in comprehending--and recovering from--their own experience with reproductive crisis. This soothing book is a must--not simply for women who have experienced pregnancy loss, but also for their partners and those who care about them. Kim Kluger-Bell, a therapist specializing in the psychodynamics of losing a child before birth--whether to abortion, miscarriage, or other loss--strips away the shrouds of silence surrounding this unique pain. She gives new voice to these "unspeakable losses," in a culture that has rendered its discussion taboo. Combining in-depth stories with solid, practical advice, *Unspeakable Losses* articulates the myriad emotional stages that arise from pregnancy loss and validates what can otherwise be a terribly lonely experience. This book is a vital companion for women and men in comprehending--and recovering from--their own experience with reproductive crisis.

Infertility Counseling: A Comprehensive Handbook for Clinicians, 2nd edition, is a comprehensive, multidisciplinary textbook for all health professionals providing care for individuals facing reproductive health issues. It is the most thorough and extensive book currently available for clinicians in the field of infertility counseling, providing an exhaustive and comprehensive review of topics. It addresses both the medical and psychological aspects of infertility, reviewing assessment approaches, treatment strategies, counseling for medical conditions impacting fertility, third-party reproduction, alternative family building and post infertility counseling issues. Each chapter follows the same format:

introduction, historical overview, literature review, theoretical framework, identification of clinical issues, suggestions for therapeutic interventions, and future implication. This edition also includes extensive appendixes of clinical tools useful to the clinician, including an Internet database of resources and an extensive glossary of terminology.

The healing powers of traditional yoga, Oriental medicine, nutrition, and other mind/body techniques are accessible with this do-it-yourself manual for women who are struggling with infertility or just looking to improve their odds of conception. Natural methods based on Integrative Care for Fertility™ use a holistic approach to demonstrate how a home-based holistic fertility program can improve mind, body, and spirit, and in turn, maximize chances for conceiving. Photographs are provided to illustrate the proper yoga postures, and interspersed stories from yoga practitioners and experts present real-life struggles of infertility patients and victories that will inspire all women who are trying for a healthy pregnancy and birth. With more than 30 pages of new information, this updated edition also includes a study guide.

Nearly all new mothers experience some apprehension about the transition to parenthood, but some women's symptoms reach the point of meeting diagnostic criteria for an anxiety disorder. Indeed, new research suggests that in the perinatal period-which includes both pregnancy and the first year postpartum-some types of anxiety are more common than depression. The time is ripe to integrate and evaluate the research on anxiety disorders that occur at this stage of life. This book describes the various ways in which perinatal anxiety is expressed in women, as well as approaches for assessment and treatment. The first half of the book describes the five main types of perinatal anxiety-worry and generalized anxiety, obsessions and compulsions, panic attacks, social anxiety, and childbirth-related fear and trauma-and presents a biopsychosocial model. Chapters in this half discuss the nature, prevalence, and effects of each anxiety disorder, comorbidity between perinatal anxiety and perinatal depression, and risk factors for perinatal anxiety. The second half of the book covers the assessment and treatment of perinatal anxiety, including pharmacotherapy, cognitive behavioral therapy, interpersonal therapy, psychoeducation, and self-help resources. All of the chapters draw extensively from the research literature, and engaging case studies bring the material to life throughout the book. This volume will be a tremendous resource for clinical psychologists, counselors, obstetricians, nurses, social workers, psychiatrists, and others who work with pregnant and postpartum women, as well as researchers and graduate students in any of these fields.

Are You In Treatment For Infertility? Do you get upset when you attend baby showers or go to malls full of baby strollers and pregnant women? Do you feel like crying when friends or family ask a question like, "Are you still trying to get pregnant?" Do you wish your husband would be more supportive and take a more active role in your fertility and conception treatments? Are you spending too much time worrying about becoming pregnant? Do you feel like your body has betrayed you every time you start your period? Do you feel helpless, powerless, and out of control? This Book Will Help You: • Manage Your Emotions • Get Your Husband To Be More Supportive And Involved • Deal With Painful Social Situations • Ease Your Frustrations • Regain A Sense Of Control.

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