

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

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....

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.

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.

"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.

Pathways to Pregnancy is a collection of wide-ranging and relatable stories, shared by an expert who also knows first-hand the pain and joy of the fertility journey from her own experience. Instructional and inspirational to anyone going through it or seeking to understand it deeply and in all its variations, these are real stories of hope and humor — and some practical advice that is often overlooked but easy to incorporate into your life. These stories about real women, related by Mary Wong with both compassion and authority, retain many of the subjects' own words and particular perspectives. Through their stories, Mary explains the central principles of fertility treatment by both Traditional Chinese Medicine practitioners and Western doctors. Each story focuses on a set of archetypal challenges or life situations found in patients seeking fertility treatment. In this way, the book serves as a comprehensive examination of the spectrum of infertility experience, expressed through the lens of highly personal anecdotes and intimate experiences.

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.

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.

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

Analyzes how the possibility of egg freezing changes what it means to be fertile and to age in the 21st century Welcomed as liberation and dismissed as exploitation, egg freezing (oocyte cryopreservation) has rapidly become one of the most widely-discussed and influential new reproductive technologies of this century. In Freezing Fertility, Lucy van de Wiel takes us inside the world of fertility preservation—with its egg freezing parties, contested age limits, proactive anticipations and equity investments—and shows how the popularization of egg freezing has profound consequences for the way in which female fertility and reproductive aging are understood, commercialized and politicized. Beyond an individual reproductive choice for people who may want to have children later in life, Freezing Fertility explores how the rise of egg freezing also reveals broader cultural, political and economic negotiations about reproductive politics, gender inequities, age normativities and the financialization of healthcare. Van de Wiel investigates these issues by analyzing a wide range of sources—varying from sparkly online platforms to heart-breaking court cases and intimate autobiographical accounts—that are emblematic of each stage

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of the egg freezing procedure. By following the egg's journey, Freezing Fertility examines how contemporary egg freezing practices both reflect broader social, regulatory and economic power asymmetries and repoliticize fertility and aging in ways that affect the public at large. In doing so, the book explores how the possibility of egg freezing shifts our relation to the beginning and end of life.

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.

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.

A comprehensive guide to overcoming infertility shows women how to work their way through the medical options and deal with the psychological implications of this common condition. Reprint. 35,000 first printing.

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

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.

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 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

A practical guide advises couples on how to cope with the emotions surrounding infertility, how to manage the stress of medical treatment, and how to select a doctor

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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

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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 pioneer in the field of assisted reproduction, Dr. Richard Marris has spent his life counseling couples who struggle with the pain of infertility, developing new treatments, and helping thousands to experience the wonder of birth. Now Dr. Marris shares his knowledge and expertise in a groundbreaking book that answers all your questions, understands your concerns, and covers every aspect of fertility problems, including infertility's emotional price as well as its financial one. Based on the latest research and technologies--and the real-life experiences of thousands of couples--Dr. Marris tells you everything you need to know about getting pregnant, including: Which cutting-edge advances in reproductive technology--including in vitro, gift, zift, sperm manipulation, and immunological therapy--are right for you Is it your nerves? How emotions can delay or stop ovulation The biggest mistake doctors make when a man's sperm count is borderline or subnormal Which fertility drugs work best...and the side effects you should expect Your chances of multiple births...twins, triplets, or more When to change doctors or see a specialist The good news about using a partner's sperm and not a donor's...even if your partner's count is very low Your insurance coverage--what you can and cannot do And much more

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

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 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.

This book outlines practical and specific changes in food and lifestyle choices that will dramatically improve your health AND optimise your chance of conceiving and maintaining a healthy pregnancy. Making these changes now will positively impact the health of the eggs and the sperm and fast-track your chance of getting pregnant. Based on current scientific evidence, it will reduce risk of pregnancy issues such as miscarriage, gestational diabetes or preeclampsia and give your child the best start in life, minimising their risk of childhood illnesses too. Written by a team of health professionals - naturopaths and acupuncturists - at Fertile Ground Health Group whose work focuses on the care of people struggling with fertility issues and longing to make a family. Over the last nearly 20 years they have provided health solutions to fertility problems and have supported many women and men in their journey to create a healthy family. This book reflects the well-researched approaches they use with all patients, in collaboration with other fertility and medical health-care providers.

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 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

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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.

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.

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

This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

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.

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

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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

Do you want to make a healthy baby and have a healthy pregnancy? Are you interested in a holistic approach to fertility? Do you need to optimize your fertility due to your age or health conditions? Are you trying to conceive and experiencing challenges? Very few women and men expect to have trouble when it comes to having a family, and coming up against obstacles can bring about epic levels of stress. Deciding what steps to take can be absolutely baffling. The good news is that Feed Your Fertility is here to help you. Inside, fertility professionals and authors Emily Bartlett and Laura Erlich will guide you on a path to making the nutritional and lifestyle changes you need to help support healthy fertility and pregnancy. Inside you'll learn: -How your lifestyle may be inhibiting your ability to conceive - and what to do about it -Why popular fertility diets may be leading you down the wrong road -What foods to eat to optimize and nourish your fertility, and how to adopt a real foods diet -How to determine your personal health imbalances that may be interfering with your fertility -How to use Chinese medicine to bring your body into balance and improve your odds of conception -How to streamline your supplements and take only what you really need -Your natural and medical treatment options for common fertility issues -How to navigate the medical fertility world and when to seek help Get your pregnancy on track the natural, time-tested way and enjoy your journey to motherhood with Feed Your Fertility. "It takes a village to raise a baby, to start a family... I say it takes a village to simply start taking charge of your own body in our culture today. Food and environment can be the break, or the breakthrough. Laura Erlich and Emily Bartlett have detailed and provided the map and menu for healing and supporting a body so it is able to welcome new life and energy." - Selma Blair, actress and mother "Down to earth and practical, Feed your Fertility delivers accessible fertility wisdom that can easily be applied to your daily life. Those who are navigating through the sometimes difficult and confusing labyrinth toward better fertility probably don't need better reproductive clinics; they need simple, sensible guidance. Feed Your Fertility provides easy to follow solutions for taking charge of your reproductive health." - Randine Lewis, L.Ac., Ph.D., author of The Infertility Cure and The Way of the Fertile Soul

A story of fertility, feminism, and family Jenn Berney was one of those people who knew she was destined for motherhood—it wasn't a question of if, but when. So when she and her wife Kelly decided to start building their family, they took the next logical step: they went to a fertility clinic. But they soon found themselves entrenched in a medical establishment that didn't know what to do with people like them. With no man factoring into their relationship, doctors were at best embarrassed and at worst disparaging of the couple. Soon Jenn found herself stepping outside of the system determined to disregard her. Looking into the history of fertility and the LGBTQ+ community, she saw echoes of her own struggle. For decades queer people have defied the patriarchy and redefined the nuclear family—and Jenn was walking in their footsteps. Through the ups-and-downs of her own journey, Jenn reflects on a turbulent past that has led her to this point and a bright future worth fighting for. With clarity, determination, and hope, *The Other Mothers* gives us a wonderful glimpse into the many ways we can become family.

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.

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.

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.

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

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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.

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.

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.

'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.

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