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

The Therapist's Notebook for Integrating Spirituality in  
Counseling IIUnspeakable LossesConquering  
InfertilityIt Starts with the EggWhat to Expect When  
You're Experiencing InfertilityThe Infertility  
WorkbookMiscarriage After InfertilityEmpty ArmsNot  
BrokenUnsung LullabiesAn Excellent ChoiceCognitive  
Behavioral Therapy for Perinatal DistressTrying  
AgainLoved BabyFertility CounselingBook Review:  
Coping with Infertility, Miscarriage, and Neonatal Loss:  
Finding Perspective and Creating MeaningThe  
Pregnancy and Postpartum Anxiety  
WorkbookInfertilityConceivabilitySmall  
MiraclesHannah's HopeInfertility CounselingRecurrent  
Pregnancy LossCoping with InfertilityWanting Another  
ChildReproductive TraumaCoping with Infertility,  
Miscarriage, and Neonatal LossExperiencing  
InfertilityThe Infertility HandbookConceiving with  
LoveIn Search Of ParenthoodLost ChildrenThrough,  
Not AroundHow to Cope with IvfConquering  
InfertilityHandbook of Women, Stress and TraumaBio-  
Psycho-Social Obstetrics and GynecologyTaking  
Charge of Your FertilityManaging the Stress of  
InfertilityInfertility Counseling

**The Therapist's Notebook for Integrating**

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**Spirituality in Counseling II**  
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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.

## **Unspeakable Losses**

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.

## **Conquering Infertility**

As a researcher whose work focuses largely on the causes and consequences of unwanted pregnancy, I may appear to be an unlikely candidate to write a foreword to a book on infertility. Yet, many of the themes that emerge in the study of unwanted pregnancy are also apparent in the study of infertility. Moreover, this volume is an important contribution to the literature on fertility, women's health issues, and health psychology in general, all topics with which I have been closely involved over the past two decades. Neither pregnancy nor its absence is inherently desirable: The occurrence of a pregnancy can be met with joy or despair, and its absence can be a cause of relief or anguish. Whether or not these states are wanted, the conscious and unconscious meanings attached to pregnancy and in fertility, the responses of others, the perceived implications of these states, and one's expectations for the future all are critical factors in determining an individual's response. In addition, both unwanted pregnancy and failure to conceive can be socially stigmatized, evoking both overt and subtle social disapproval. Further, they involve not only the woman, but her partner, and potentially the extended family. Finally, both of these reproductive issues have been poorly researched. Because both are emotionally charged

and socially stigmatized events, they are difficult to study. Much of the early literature relied on anecdotal or case reports.

## **It Starts with the Egg**

This new edition for the twentieth anniversary of the groundbreaking national bestseller provides all the information you need to monitor your menstrual cycle—along with updated information on the latest reproductive technologies Are you unhappy with your current method of birth control? Or demoralized by your quest to have a baby? Do you experience confusing signs and symptoms at various times in your cycle? This invaluable resource provides the answers to your questions while giving you amazing insights into your body. Taking Charge of Your Fertility has helped literally hundreds of thousands of women avoid pregnancy naturally, maximize their chances of getting pregnant, or simply gain better control of their gynecological and sexual health. Toni Weschler thoroughly explains the empowering Fertility Awareness Method (FAM), which in only a couple of minutes a day allows you to: Enjoy highly effective and scientifically proven birth control without chemicals or devices Maximize your chances of conception before you see a doctor or resort to invasive high-tech options Expedite your fertility treatment by quickly identifying impediments to pregnancy achievement Gain control and a true understanding of your gynecological and sexual health This new edition includes: A fully revised and intuitive charting system A selection of personalized

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master charts for birth control, pregnancy achievement, breastfeeding, and menopause An expanded sixteen-page color insert that reflects the book's most important concepts Six brand-new chapters on topics including balancing hormones naturally, preserving your future fertility, and three medical conditions all women should be aware of

### **What to Expect When You're Experiencing Infertility**

Everything doesn't (always) happen for a reason. Infertility and pregnancy loss can be devastating, yet both are often private sorrows for the one in six people who cope with the experience. This collection offers personal stories about what it's like to go through the emotional and physical facets of infertility, miscarriage, and pregnancy loss: the pain, sadness, and desperation, the hope, humour, and frustration. Through, Not Around offers reassurance to those in the midst of their own struggles that they are not alone and that it is possible to find acceptance and strength on the other side of grief. The way forward is by going through the grief, not around it. Allison McDonald Ace, Ariel Ng Bourbonnais, and Caroline Starr are co-founders of The 16 Percent, a website dedicated to sharing stories of pregnancy loss and infertility. To read or share your story, visit [the16percent.ca](http://the16percent.ca).

### **The Infertility Workbook**

Recurrent pregnancy loss presents a vexing clinical

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problem primarily for medical professionals treating patients in reproductive medicine and in maternal-fetal medicine. However, with its numerous causes and various suggested treatment options, the problem is more multidisciplinary in nature, involving gynecology, genetics, endocrinology, immunology, pediatrics, and internal medicine. Exploring basic science and clinical applications, the second edition of the bestselling text *Recurrent Pregnancy Loss: Causes, Controversies, and Treatment* provides an authoritative and comprehensive update on advances in the understanding and management of this troubling phenomenon. The book covers basic scientific topics such as genetics and cytokines and profiles major advances in immunology, endocrinology, and thrombotic mechanism. It discusses the methodology of clinical research and the application of evidence-based medicine to clinical practice. It also reviews various late obstetric complications, along with issues caused by extreme prematurity and possible resulting handicaps. This second edition presents new material on the latest controversies, featuring opinions from both sides of ongoing debates. It includes new chapters on autoimmunity, third party reproduction, the use of immunostimulants such as CSF, and Chinese medicine. Designed for specialists working in reproductive medicine clinics and those involved with maternal-fetal care, the book is also ideal for generalists and gynaecologists seeking a comprehensive view of developments in the field.

### **Miscarriage After Infertility**

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Written in question-and-answer form, a sympathetic and practical guide advises couples on how to cope with the emotions surrounding infertility, how to manage the stress of medical treatment, how to select a doctor, and much more.

### **Empty Arms**

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

### **Not Broken**

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.

### **Unsung Lullabies**

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

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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.

## **An Excellent Choice**

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.

## **Cognitive Behavioral Therapy for Perinatal Distress**

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 --

## **Trying Again**

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.

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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.

## **Loved Baby**

*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

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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.

## **Fertility Counseling**

This book will assist the reader by providing individually tailored, high-quality bio-psycho-social care to patients with a wide range of problems within the fields of obstetrics, gynaecology, fertility, oncology, and sexology. Each chapter addresses a particular theme, issue, or situation in a problem-oriented and case-based manner that emphasizes the differences between routine and bio-psycho-social care. Relevant facts and figures are presented, advice is provided regarding the medical, psychological, and caring process, and contextual aspects are discussed. The book offers practical tips and actions within the bio-psycho-social approach, and highlights important do's and don'ts. To avoid a strict somatic thinking pattern, the importance of communication, multidisciplinary collaboration, and creation of a working alliance with the patient is emphasized. The book follows a consistent format, designed to meet the needs of challenged clinicians.

## **Book Review: Coping with Infertility, Miscarriage, and Neonatal Loss: Finding Perspective and Creating Meaning**

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Supportive, practical advice for couples who are trying to conceive. Denise Wiesner's integrative East-meets-West approach, developed over twenty years of practice, has helped thousands of couples relax, reconnect, and conceive. The stress of trying to get pregnant can wreak havoc with a couple's intimate relationship—right at a time when that connection is most important—and the frustration and shame couples may feel can have a harmful effect and reduce their chances of conceiving. Wiesner gives couples the tools they need to repair their sexual relationship, rebuild their self-confidence, and reclaim their intimacy and desire. She includes advice from leading experts in Western reproductive medicine and Traditional Chinese Medicine; offers sensual practices from yoga, qigong, and Tantra; and answers questions couples have about sex, intimacy, and both naturally occurring and medically assisted fertility.

### **The Pregnancy and Postpartum Anxiety Workbook**

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.

### **Infertility**

If these thoughts seem to be permanent fixtures in your mind, you're in good company. New moms have a lot to be anxious about, and it's perfectly natural to

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have some fears during and after pregnancy. The problem is, anxiety can grow, disrupting your daily life and keeping you from enjoying motherhood. The *Pregnancy and Postpartum Anxiety Workbook* provides proven-effective strategies drawn from cognitive behavioral therapy (CBT) for keeping anxious thoughts at bay and getting back to the productive and positive thinking you've been missing. Through a series of easy exercises and worksheets, you'll learn skills for relaxing yourself when you feel stressed. You'll also learn to reduce the frequency and intensity of anxious feelings many pregnant women and mothers of infants face. The book also includes a chapter that offers tips to help fathers understand and support their partners. How I wish I'd had this book when I suffered from postpartum obsessive-compulsive disorder! Pregnant and postpartum moms need to know that perinatal anxiety disorders are common and treatable, and that there's no need to continue suffering. -Katherine Stone, editor of *Postpartum Progress*, the most widely-read blog on perinatal mood and anxiety disorders, and board member of *Postpartum Support International* Wiegartz and Gyoerkoe have adapted the powerful and scientifically proven techniques of cognitive behavioral therapy into tools that new moms and mothers-to-be can use to overcome the most common anxiety-related problems and reclaim this special time of life. -Jonathan S. Abramowitz, Ph.D., ABPP, professor and director of the Anxiety and Stress Disorders Clinic at the University of North Carolina at Chapel Hill

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**Conceivability**  
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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.

## **Small Miracles**

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

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miscarriage and how it affects a person physically, emotionally, and spiritually. Rachelle 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.

## **Hannah's Hope**

'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

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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.

### **Infertility Counseling**

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

### **Recurrent Pregnancy Loss**

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

### **Coping with Infertility**

More activities to tap into the strength of your clients'



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spiritual beliefs to achieve therapeutic goals. The Therapist's Notebook for Integrating Spirituality in Counseling II is the second volume of a comprehensive two-volume resource that provides practical interventions from respected experts from a wide range of backgrounds and theoretical perspectives. This volume includes several practical strategies and techniques to easily incorporate spirituality into psychotherapy. You'll find in-session activities, homework assignments, and client and therapist handouts that utilize a variety of therapeutic models and techniques and address a broad range of topics and problems. The chapters of The Therapist's Notebook for Integrating Spirituality in Counseling II are grouped into four sections: Models of Therapy Used in Integrating Spirituality; Integrating Spirituality with Age-Specific Populations: Children, Adolescents, and the Elderly; Integrating Spirituality with Specific Multicultural Populations; and Involving Spirituality when Dealing with Illness, Loss, and Trauma. As in Volume One, each clinician-friendly chapter also includes sections on resources where the counselor can learn more about the topic or technique used in the chapter—as well as suggested books, articles, chapters, videos, and Web sites to recommend to clients. Every chapter follows the same easy-to-follow format: objectives, rationale for use, instructions, brief vignette, suggestions for follow-up, contraindications, references, professional readings and resources, and bibliotherapy sources for the client. The Therapist's Notebook for Integrating Spirituality in Counseling II adds more useful activities and homework counselors can use in their practice, such as: using religion or spirituality in solution-oriented brief therapy “Cast of

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Character” counseling using early memories to explore adolescent and adult spirituality cognitive behavioral treatment of obsessive-compulsive disorder age-specific clients such as children or the elderly multicultural populations and spirituality dealing with illness, loss, and trauma recovering from fetal loss creative art techniques with caregivers in group counseling and much more! The Therapist’s Notebook for Integrating Spirituality in Counseling II provides even more creative and helpful homework and activities that are perfect for pastoral counselors, clergy, social workers, marriage and family therapists, counselors, psychologists, Christian counselors, educators who teach professional issues, ethics, counseling, and multicultural issues, and students.

## **Wanting Another Child**

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

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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

## **Reproductive Trauma**

Now with updated content. "I'm not picking up a heartbeat." These are the most dreaded words an expectant mother can hear. As joy and anticipation dissolve into confusion and grief, painful questions refuse to go away: Why me? Did I do something wrong? How will this affect my ability to have a family? What do I say to my children without scaring them? With the warmth and compassion of a Licensed Professional Counselor and writing as a mother who has suffered the loss of a baby and a sixteen-year-old son, Pam Vredevelt offers sound answers and advice. As an expert in love and loss, Pam gives reassuring comfort to any woman fighting to maintain stability and faith in the midst of devastating heartbreak. Empty Arms: Hope and Support for Those Who Have Suffered a Miscarriage, Stillbirth, or Tubal Pregnancy is the essential guidebook for anyone suffering the agony of losing a baby. From the Trade Paperback edition.

## **Coping with Infertility, Miscarriage, and Neonatal Loss**

Countless studies have established the efficacy of

cognitive behavioral therapy (CBT) for many manifestations of depression and anxiety. In *Cognitive Behavioral Therapy for Perinatal Distress*, Wenzel and Kleiman discuss the benefits of CBT for pregnant and postpartum women who suffer from emotional distress. The myths of CBT as rigid and intrusive are shattered as the authors describe its flexible application for perinatal women. This text teaches practitioners how to successfully integrate CBT structure and strategy into a supportive approach in working with this population. The examples used in the book will be familiar to postpartum specialists, making this an easily comprehensive and useful resource.

## **Experiencing Infertility**

*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

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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 Infertility Handbook**

"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

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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*

## **Conceiving with Love**

Hannah's Hope is intended as a guide to assist you in making wise decisions as you struggle through your grief of not yet conceiving, losing a child, or struggling through the adoption process.

## **In Search Of Parenthood**

## **Lost Children**

A welcome support for couples and an informative resource for practitioners A full and rich book that explores the special challenges of people facing infertility as parents. The personal stories are emotionally evocative and well balanced with explanations and strategies. A helpful book for

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parents facing infertility and the people who help them -- Peg Beck, former executive director, RESOLVE of the Bay State The author explores the emotional costs of secondary infertility on parents as well as on the child or children the couple already has and provides strategies for coping with and eventually resolving secondary infertility by sharing a variety of personal experiences.

### **Through, Not Around**

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.

### **How to Cope with Ivf**

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 •

## **Conquering Infertility**

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



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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.

### **Handbook of Women, Stress and Trauma**

The *Handbook of Women, Stress and Trauma* focuses on the stresses and traumas that are unique to the lives of women. It is the first text to merge research from the fields of trauma and women's health and development. Using a lifespan developmental approach, the text begins by addressing specific issues women face in their lives, drawing upon theories of development and exploring how women's relationships with others buffer - or sometimes cause - stress and trauma. Combining aspects of female development with empirical data from the fields of women's health, family violence and stress and coping, this volume helps sensitive care providers to

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the specific needs of women exposed to traumatic  
events.

## **Bio-Psycho-Social Obstetrics and Gynecology**

THE INFERTILITY HANDBOOK is the essential reference book for couples diagnosed with infertility. It covers everything from understanding your reproductive cycle to what your options are if a biological child is not possible. The causes of infertility - both male and female - are examined, treatment options are explained, and a wide range of support services is included. Where appropriate, chapters include focus boxes written by a leading expert in the relevant field. Written clearly and simply with the sensitivity and knowledge of a person who has been there, it provide options at a time when people may feel cut off from their normal support network.

## **Taking Charge of Your Fertility**

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

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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

### **Managing the Stress of Infertility**

From the author of *She Left Me The Gun*, an explosive and hilarious memoir about the exceptional and life-changing decision to conceive a child on one's own via assisted reproduction When British journalist, memoirist, and New York-transplant Emma Brockes decides to become pregnant, she quickly realizes that, being single, 37, and in the early stages of a same-sex relationship, she's going to have to be untraditional about it. From the moment she decides to stop "futz" around, have her eggs counted, and "get cracking"; through multiple trials of IUI, which she is intrigued to learn can be purchased in bulk packages, just like Costco; to the births of her twins, which her girlfriend gamely documents with her iPhone and selfie-stick, Brockes is never any less than bluntly and bracingly honest about her extraordinary journey to motherhood. She quizzes her friends on the pros and cons of personally knowing one's sperm donor, grapples with esoteric medical jargon and the existential brain-melt of flipping through donor catalogues and conjures with the politics of her

Libertarian OB/GYN—all the while exploring the cultural circumstances and choices that have brought her to this point. Brockes writes with charming self-effacing humor about being a British woman undergoing fertility treatment in the US, poking fun at the starkly different attitude of Americans. Anxious that biological children might not be possible, she wonders, should she resent society for how it regards and treats women who try and fail to have children? Brockes deftly uses her own story to examine how and why an increasing number of women are using fertility treatments in order to become parents—and are doing it solo. Bringing the reader every step of the way with mordant wit and remarkable candor, Brockes shares the frustrations, embarrassments, surprises, and, finally, joys of her momentous and excellent choice. From the Hardcover edition.

## **Infertility Counseling**

Written especially for parents who have lost a child, *Trying Again* provides facts to help determine whether you, or your partner, are emotionally ready for another pregnancy.

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