

IVF And Infertility, Our Journey: A True Story Of One Couple's Struggle Against The Odds

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 Trollice, 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 kinds 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. Trollice 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.

Marc Sedaka stood by while he and his wife endured endless rounds of drug therapies, sixteen artificial inseminations, ten in-vitro fertilizations, three miscarriages, and, finally, a gestational surrogate (“womb for rent”) who carried their twin girls to term. He was as supportive and loving as he could be, but he really wished he’d had a book like *What He Can Expect When She’s Not Expecting* during the process. Most books about dealing with infertility are geared toward women, leaving the man to his own devices when it comes to comfort and encouragement (never a good idea). With the help of his own infertility doctor, Sedaka provides straightforward guy-friendly advice on situations such as: What questions you should ask at the consultations. How to help rather than annoy. What kinds of tests you and your wife should expect. How to console a wife who appears inconsolable. How to enjoy procreation sex. Sedaka’s accessible, empathetic voice, combined with the fact that he experienced everything he writes about, makes this a must-have book for any infertile couple.

My IVF Journey Journal is a guided journal that features 50 prompted questions about IVF and infertility. *My IVF Journey Journal* is a prompted journal intended to help you navigate your feelings while undergoing IVF fertility treatments. Use this journal as a guide to journal about your thoughts and experiences of your IVF journey. *My IVF Journey Journal* is a safe space to gather your feelings about your own IVF journey. Makes for the perfect gift for someone undergoing IVF!

'This book is totally brilliant - informative, sensitive, funny and wise. Reading it is like talking to a fairy godmother who also happens to be a gynaecologist and expert on all things fertility' Sophia Money-Coutts *Big Fat Negative (BFN)* - a term commonly used on internet forums to refer to a negative pregnancy test. Infertility can be a lonely journey. One in every six couples will struggle to conceive but, despite this, many don't feel comfortable talking openly about their experiences and sharing what they are going through. As a result, they feel isolated and alone. It doesn't have to be this way. By talking, laughing and shouting about our experiences we can start to lift the cloak of shame that so often engulfs those going through it. *Big Fat Negative* does just that. This no-nonsense, honest guide to infertility from the hosts of the *Big Fat Negative* podcast smashes the taboo around this isolating and heartbreaking illness, offering first-hand experience, an understanding voice when friends don't get it, expert advice, reassurance for when you feel alone and - most importantly - humour when it you need it the most. Using first-hand accounts of the various hurdles of infertility, from work to diagnoses and IVF, coupled with advice from leading experts, *Big Fat Negative* will hold your hand on the not-so simple journey to motherhood - helping you to face and defeat the trials of trying for a baby.

The Underwear in My Shoe: My Journey Through IVF, Unfiltered

Integrative Practices for the Journey to Motherhood

A Personal Journal to Organize Your Journey Through in Vitro Fertilization (Ivf) with Love and Positivity

Our Journey

Your Journey Towards Fertility

Get Through Fertility Treatment and Get Pregnant without Losing Your Mind

18 Real Stories of Infertility, IVF, Loss and Hope

This IVF journal is a simple blank lined journal to use to document and plan your IVF journey! Why not fill this journal and keep it as a special keepsake and gift it to your child for a special occasion in years to come to remind them of how much they were wanted and loved! * Glossy covered Blank journal/ Journals to write in/ IVF Journal/Infertility journal/ Lined journal/ quote covered journal/ Writing journal/ Approximately 6 x 8-inches * 125 lined pages to write in* Section sewn binding keeps pages secure

A brilliant exploration of the natural, medical, psychological, and political facets of fertility When Belle Boggs's "The Art of Waiting" was published in *Orion* in 2012, it went viral, leading to republication in *Harper's Magazine*, an interview on NPR's *The Diane Rehm Show*, and a spot at the intersection of "highbrow" and "brilliant" in *New York magazine's "Approval Matrix."* In that heartbreaking essay, Boggs eloquently recounts her realization that she might never be able to conceive. She searches the apparently fertile world around her--the emergence of thirteen-year cicadas, the birth of eaglets near her rural home, and an unusual gorilla pregnancy at a local zoo--for signs that she is not alone. Boggs also explores other aspects of fertility and infertility: the way longing for a child plays out in the classic Coen brothers film *Raising Arizona*; the depiction of childlessness in literature, from *Macbeth* to *Who's Afraid of Virginia Woolf?*; the financial and legal complications that accompany alternative means of family making; the private and public expressions of iconic writers grappling with motherhood and fertility. She reports, with great empathy, complex stories of couples who adopted domestically and from overseas, LGBT couples considering assisted reproduction and surrogacy, and women and men reflecting on childless or child-free lives. In *The Art of Waiting*, Boggs deftly distills her time of waiting into an expansive contemplation of

fertility, choice, and the many possible roads to making a life and making a family.

The second book from the Sunday Times bestselling author 'Honest, open, emotional and powerful... in this book, once more, her heart is laid bare' Giovanna Fletcher 'Beautifully emotional and healing' Genelle Aldred 'Heartbreaking yet uplifting... I was truly holding my breath' Cat Strawbridge, The Finally Pregnant podcast ***** 'It turns out there are plenty of us: the unlucky ones. The women whose journey into motherhood, or whose yearning for more children, has yet to be fulfilled by the universe. I am certain that in so many parts of my story I really am not the only one to have gone through it, so it makes sense to write it all down. For all of us - and for any parents who might go through some of what we did in the future too. So here it is, our journey to a rainbow. A story of fertility, trying again and, above all, hope.' After the death of her three-day-old son Teddy in 2016, Elle Wright never expected what came next - that the path to bringing home a living child could be so winding. Elle's loss was followed by three and a half years of endless waiting. She and her husband waited for test results, hospital appointments and so many new procedures to help with their experience of secondary infertility. This wait included friends announcing their happy news whilst Elle was experiencing three rounds of IVF and the loss of three more babies. Months and years slipped by, of immense physical and emotional toll, and still those two lines were just out of reach. Faced with constant questions, drugs, negative tests, tears, loss, frustration and so many more tears, throughout it all Elle managed to still believe that one day it would happen for her, somehow... A Bump in the Road reflects the reality of becoming a parent for thousands of people like Elle who have difficulty conceiving in the UK today. It captures Elle's journey to a rainbow, comforting through her beautifully written words with a story of fertility that might just reflect yours, too.

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

A Bump in the Road

Robo-Babies

Two-Week Wait

An Honest Story about Infertility and My Journey Through IVF

Finding God's Peace in the Journey

1000 Needles

Infertility

Written by world-leading fertility experts and edited by mums who have undertaken multiple cycles of IVF and know what it takes to succeed, this guide advises you on the entire IVF process and how to maximise your chances of success. All IVF topics are covered, from how to choose your fertility clinic, to understanding the stages of an IVF cycle, to how to prepare yourself physically and emotionally for the treatment. · Looks at how to optimise your nutrition and how to improve egg and sperm quality · Examines the growing trends of egg freezing and donor-assisted IVF · Shares real-life stories of a variety of IVF journeys and their inspiring outcomes · Includes key contributions from the Human Fertilisation and Embryology Authority (HFEA), the UK's independent regulator for fertility treatment and research IVF: All You Need to Know is an essential handbook for couples and individuals who are considering IVF, who want to find out what's involved, and who want to be as well prepared as they can be. It is also for those who may have already tried IVF, have experienced failed cycles and want to boost their chances of success next time around.

In vitro fertilization (IVF) treatment is a complex process that can involve multiple medical teams and points of contact, and it is a significant financial investment. The cost for treatment includes numerous medications, appointments, daily tests, and procedures. Predictably, IVF is the theme of endless books, websites, blog posts, and articles. Based on her personal experiences with IVF, author Monica Bivas created this journal to help you organize the process, handle stress better, and bring focus and clarity to your personal IVF journey. She created The IVF Planner both as an information guide and for you to write your own story. She touches on everything from the basics of the process to financing to a support network and more. Bivas communicates that the IVF journey, no matter the end result—negative, positive, or even cancelled cycles—takes strength, takes courage, and teaches you to be disciplined. Though expensive and challenging, it's a journey to be proud of. "The dynamic spark that is responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play that women who are struggling with fertility can tap into." This book explains how to use the tools of spirituality and psychology to relax the endocrine system, change your perspective, and get pregnant. Everyone is fertile; however, our common standards for measuring fertility are faulty. Today, our currently accepted narratives around fertility offer much in the way of diagnosis, but little in the way of customized care and consideration of a woman's entire mind, body, and spirit. The dynamic spark responsible for creating each new human being cannot be reduced to a mass of cells and biochemical processes. There is a deeper mystery at play, one that women struggling with fertility can tap into. In this ground-breaking book, holistic fertility doctor Dr. Julie Von shows women a new

*way to approach fertility so that the entire experience of becoming pregnant is energetically uplifting. She shares tools and techniques that help nourish and build women's receptive energy to connect to the spiritual and unseen aspects of creating life. Dr. Von helps readers understand that principles of cosmic timing can be applied to all processes having to do with fertility and child-rearing, from freezing eggs, to conceiving, to choosing to adopt. With close to 20 years of clinical experience, Dr. Von has witnessed firsthand the power of the spiritual within fertility to balance the hormonal system and promote a healthy pregnancy. 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.*

The Ivf Planner

Abundantly Empty: Surviving the Fertility Journey with Grace - My True Story of Hope

A Story of Fertility, Hope and Trying Again

His & Hers Survival Guide to IVF

A Fertility Nurse's Guide Along Your Journey

Yoga and Fertility

Not Pregnant

Experiencing infertility is a challenge that can deeply overshadow a person's life. It affects one in six couples. And yet, it is still a taboo subject.

When Verity and her husband, Paul, found themselves plunged into that uncertain world, and the pain of experiencing miscarriages along the way, they discovered it to be a world that no one discusses. They couldn't even find books written by anyone who had actually experienced it themselves. That's when Verity, calling upon her experience as a journalist and magazine editor, decided to keep a diary of events that unfolded upon their traumatic journey of trying for a baby in the hope that one day, as a book, it would help rid the taboo shroud that surrounds infertility as a subject and help people on their emotional journeys. If you are experiencing infertility and don't know which way to turn, then reading this book about one couple's journey first-hand may be just the support and inspiration that you need. "I believe that this book has a rich and detailed description of emotional and physical constraints that came with this journey easily described in a natural way without any artificial make-up or masks." --Mr Raef Faris, MSc FRCOG "This book should also be read by all the team involved in care. It will give them an in-depth understanding of the often very rough seas that the couple have to endure. Verity, a big thank you from me for helping other patients!" --Mr Michael Dooley, MMS FFSRH FRCOG

Infertility affects about 15 percent of couples globally, yet somehow infertility and In Vitro Fertilization (IVF) are taboo subjects, often hidden and un-talked about. *1000 Needles: How to Increase Your Odds and Take Control of Your IVF Journey* removes the stigma with a touch of sass and an unapologetically honest voice, exploring one couple's IVF challenges and discoveries in order to normalize the infertility conversation. This guidebook: addresses the medical and personal sides of the fertility coin, suggests research-backed lifestyle changes to boost your odds of success, sifts through drug and treatment options, dispels myths, breaks taboos, and more! Most importantly, *1000 Needles* offers that elusive kernel of hope, whether you are just beginning IVF or nearing its desperate end. The combination of meticulous research and personal experience that resulted in a successful pregnancy and birth for the author provides a solid cheat sheet of what to expect as you traverse your own IVF journey.

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.

Starting a family is a complicated decision. Many books have been written about when to start a family and how to raise children the right way. When my husband and I decided to start our family, we had no idea about the journey we would have to go on to become parents. Though infertility and IVF is no longer an off-limits topic, no one really goes into detail about how awful it feels to be infertile. More and more celebrities are now acknowledging that they relied on reproductive science to start their families, but they don't talk about all the ins and outs of that process. This book is written in an effort to help others who are struggling to have a baby feel more normal and less alone. The emotional toll this journey takes on a person can be grueling and this book gives a voice to that journey.

Get A Life

A Journey to Health and Healing

Real Voices. Real Issues. Real Insights. (Black and White Edition)

The Art of Waiting

We Are One In Eight

The Fertility Doctor's Guide to Overcoming Infertility

IVF Got This

One in eight experience fertility problems. 18 women share their stories of infertility, IVF, loss and hope. Unflinching in the reality of their journeys, they seek to inspire and support other women and men who are part of the one in eight. Some of the topics covered include: Unexplained infertility, male factor infertility, endometriosis, PCOS, secondary infertility, donor conception, cancer and infertility, surrogacy, solo mothers, same sex reciprocal IVF, miscarriage, ectopic pregnancy, baby loss, and childfree after infertility. A portion of the proceeds from this book will go to each woman's chosen charity, which are: Fertility Network UK - Resolve - Tommy's - Tiny Life - Miscarriage Association - The Ectopic Pregnancy Trust - Donor Conception Network - Pink Elephants - CoppaFeel! - Future Dreams - The Broken Brown Egg - The Survivor's Trust - The Bumpy Foundation - Adapt Domestic Abuse Services - Oscar's Wish Foundation - The Chris Aked Foundation. Follow us on Instagram: @weareoneineight
From her own experience, Flowers understands the struggle and anguish infertile readers go through, and she gently points out some strategies that will help bring true peace and joy in the midst of the disappointment.

The 'My IVF Journey' diary is a simple and discreet diary designed to help you plan and document your fertility treatment. I designed this diary when I was going through my second round of IVF treatment in 2015, not only was it a welcome distraction during that time but writing everything down really helped me to de-stress so I knew it would be a useful tool for others too. INSIDE YOU WILL FIND: Space to write down your consultation and treatment notes. Medication charts, places to add photos Space to write down important dates and results - keeping them handy and all in one place. Positive sayings and tips to help you through your cycle. Space write down your feelings & gratitude. Document all the important things
JOURNAL DETAILS: Matte cover 32 Pages Pages are silk (can write on them) Size 6" x 9" Paperback

An inspiring, funny, and heartwarming story for everyone who has been willing to go to the ends of the earth--and beyond!--to have a child. When rabbits Merle and Pearl meet on one beautiful day, they know that they have found true joy. Yet while they couldn't be happier with each other, there's one teeny, tiny thing missing...a child of their own. Merle and Pearl dream of expanding their nest by bringing a baby bunny into the world, but they face unforeseen challenges along the way. Determined to make their dreams come true, Merle and Pearl will do whatever it takes to find their Miracle--even if it means going deep under the sea, trekking across vast desert sands, or rocketing far out into the stars. Because sometimes finding your dreams takes a Miracle.

Our IVF Journey

Ivf and Infertility, Our Journey: A True Story Of One Couple's Struggle Against The Odds'

What He Can Expect When She's Not Expecting

How to Support Your Wife, Save Your Marriage, and Conquer Infertility!

Every Miracle Takes a Little Time (a Large 6x9 Blank Lined Journal / IVF Journal / Infertility Journal)

Your definitive guide to achieving a healthy pregnancy

Big Fat Negative

This book was birth in the course of helping women to spiritually deal with their challenge of infertility. It is also a call to share the story of my fertility journey with other women find some encouragement and courage in the face of their own struggles. Fertility is not just a matter of biological science. It is a spiritual journey involving the fulfillment of one of God's design for our lives as human beings and as a race. Therefore our arch enemy the devil is deeply interested in how, why and when we procreate as human beings. There will always be scientific explanations as to the whys certain things happen in our lives. However, we all know that our human science at its best has numerous limitations and a lot is still left to be discovered while researches are ongoing. When it comes to the issue of infertility, a lot is left to the unknown. Even at its best, fertility medicine has a huge chasm of unanswered questions. While the science can answer questions from when and how eggs and sperms are produced, how fertilization takes place, and so on. But the science still cannot fully explain the miracle of human conception. The two weeks after Embryo transfer (implantation period) in fertility treatment will always be left to the unknown and shrouded in mystery. The war over the continuance and sustenance of the human race is a very fierce one. And the devil is doing all he can, using every possible means to interfere with how humans obey the divine mandate of procreation. As human beings, we must begin to ask critical questions before adopting everything offered to us in the name of scientific solutions. My prayer is that we will begin to look beyond the scientific and also see the supernatural /spiritual dimensions attached to the battle over human procreation. And therefore as we pursue the various options as solutions, we bring in the God factor. God always makes the ultimate difference in our quest for fertility health and wellness. God bless you!

When people think of birth and motherhood, the process seems pretty straight forward; However, for Colette Centeno Fox, her journey to motherhood was not as straight forward

thought it would be... IVF Got This is a heartfelt memoir charting Colette and her husband Michael's fertility journey. Experiencing infertility is a painful challenge, and yet the impact is discussed in the open. Like many suffering with similar anxieties, Colette was afraid of missing out on her dream of becoming a mum. She details her emotional journey, through such as traumatic baby losses, monthly setbacks and frustrating waiting times whilst coping with the ongoing confusion of how to relate this to the people around her. The book is a refreshing and intimate account of the IVF process, one, which offers practical insight into the often arduous but remarkable journey which fertility treatment can offer.

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."—*Los Angeles Times* 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 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 do 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.

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 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 voices and particular perspectives. Through their stories, Mary explains the central principles of fertility treatment by both Traditional Chinese Medicine practitioners and Western doctors. *Pathways to Pregnancy* 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 the experience, expressed through the lens of highly personal anecdotes and intimate experiences.

One Couple's Guide to U.S. Surrogacy

Discovering Your Reproductive Potential and Maximizing Your Odds of Having a Baby

Fertility Walk

How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF (Second Edition)

Finding My Inner Warrior Through Trying to Conceive, IVF, and Miscarriage

Making A Baby

Samantha Busch uses her voice to break the silence that surrounds the infertility community in this raw and relatable account of her journey with IVF, loss, and faith. Samantha Busch, wife of NASCAR champion Kyle Busch, knows the thrill of the racing circuit, but she also knows the heartache and despair of infertility. She shares both in this honest and relatable account where faith, family, love, and loss intersect. As Samantha's and Kyle's public lives grew more pronounced, their private life was being torn apart. The frustrations and uncertainty of their fertility problems took a toll on them as individuals and as a couple, creating a cyclone of emotions that threatened everything they had worked so hard for. Through these trials, they learned how to build a stronger relationship, foster a deeper faith, and find humor through the tears. They also discovered a passion for helping other couples gain access to fertility treatments. In this memoir, Samantha uses her voice to break the silence and stigma that surround the infertility community. She details her battle with infertility, including her IVF experience, her miscarriage, a failed cycle, and the overwhelming grief and depression that surrounded these obstacles. By sharing practical advice as well as candid and inspiring stories of her journey, she provides support, validation, community, and education for others experiencing similar tribulations. *Fighting Infertility* is an opportunity to feel understood, to gain strength through the struggle, and to ignite your inner warrior.

"Becoming a mother has been my deepest desire. But it's not happening. Now what?" Through her very open and honest first-hand account of her seven-year struggle to conceive, titled *Abundantly Empty*, Cathy hopes to help remove the stigma, improve understanding and provide inspiration to others on how to cope and keep moving forward. *Abundantly Empty* delves deep into the world of infertility and offers an insightful 360-degree perspective, with informative contributions from leading fertility specialists, including Professor Thabo Matsaseng, and her clinical psychologist, as well as input from her husband Julian, family and friends. The egg donors and surrogates share their experiences too. In clear, direct 'journal' language, the book traces the highs and lows, the elation and intense grief of the infertility rollercoaster. It also explores its impact on Cathy's marriage, her friendships and her career. The primary reason for writing this book, Cathy says, was to send a 'You are not alone' message to other couples battling to start a family, to break the silence and increase understanding of what it takes to survive infertility and retain hope, courage and meaning. *Abundantly Empty* is an emotionally gripping, heart-warming and useful must-read not just for those on the fertility journey, but also for those on the sidelines who want to provide support, but don't know how.... "Cathy's detailed account of infertility's complex journey will be both fascinating and insightful to many people struggling with infertility." Dr Paul le Roux, CEO, Cape Fertility Clinic "Cathy's story is frank, honest, insightful." *Women & Home*

Ivf and Infertility, Our Journey: A True Story Of One Couple's Struggle Against The Odds'Austin MacAuley

Maybe you have suffered a miscarriage. Maybe you have been told you cannot have children. Maybe you have followed every bit of advice from every doctor and self-help book, but

you still aren't seeing that pink plus sign. Many women face the disheartening struggle of infertility in silence. Between the feelings of shame, the strain on marriages, and the loads of money spent on medicines and failed procedures, they don't want to admit what they often see as a personal flaw: that they cannot bear children. After four miscarriages and years of infertility, Cathie Quillet felt stuck and alone in her negative emotions. In *Not Pregnant*, Quillet offers a place for women who are experiencing infertility to come together, validate their emotions, and let go of their pain. This motivational and comforting book addresses infertility's effects on sex and marriage, handling the public's general ignorance about infertility, miscarriages, the plethora of emotions experienced, hormonal changes with fertility medications, and how to move on with your life. With real stories from women who have been there and an added scientific perspective from ob-gyn Dr. Shannon Sutherland, *Not Pregnant* is the emotional companion you need when it seems like no one else gets it. "

Pathways to Pregnancy

On Fertility, Medicine, and Motherhood

Waiting for a Baby

Our Successful Infertility Journey Through Ivf

My IVF Journey Journal

It Starts with the Egg

How to Increase Your Odds and Take Control of Your IVF Journey

Truthfully, the trail we follow through infertility is not an easy one. We will stumble and fall, meander at times, and occasionally skip with joy. The key is that you will not be alone and you won't be without your walking tools; the following chapters are meant to serve as your compass, map, and mile markers. And me? Well, I'm your walking partner. As we take this walk together, my ultimate intention for you is to find HOPE . . . Hope to alleviate fears and uncertainties Hope that you move forward on your journey Hope that your dreams will come true Hope that you will find peace within yourself Let's go take a walk . . .

Women battling infertility is a familiar though still harrowing story these days. Women using yoga to reduce stress and become more aware of its body and its rhythms is another. So it comes as no surprise that yoga is helping women to cope with the physical and emotional stress of infertility and its treatments.

IVF is the process of fertilization by extracting eggs, retrieving a sperm sample, and then manually combining an egg and sperm in a laboratory dish. The embryo(s) is then transferred to the uterus. The book is a powerful subject covering the stories of seven couples and their infertility. Unlike other books currently on the market it covers the journey of infertility, IVF and the early years with children. It is my own experience wrapped around six other couples short stories, uniquely offering both the male and female perspective, helping a variety of people to understand what such couples have to face. Chapters are clearly titled for easy reading and are based upon our memories, diaries and experiences and should not be used as factual with regards to IVF procedures which are always changing - always consult a professional for up to date advice.

*Are you or someone you know dealing with the effects of infertility? Have you searched high and wide for someone, or something to point you in the right direction? Well we did, and when I started writing this book we couldn't find any help or guidance, whilst dealing with the effects of infertility and IVF. I started writing about our journey, in hope it will help others in a similar situation. The *Infertility Diaries* is based on true, raw facts about our complete journey, through the ups and the downs, and every hurdle we had to jump over to get to our outcome. The *Infertility Diaries* will make you laugh one minute, and cry the next, with the twists and turns our journey will take you on. By reading our story, we hope that we can help you realise that you are not alone in the world of infertility... Please note this book is not for anyone under 18 due to content.*

The Other Mothers

The Journey Prior, During And After IVF: How To Start Preparing For Ivf

The Infertility Diaries

Spiritual Fertility

The Essential Guide to Infertility, IVF and the Trials of Trying for a Baby

Fighting Infertility

Two Women's Journey to Find the Family That Was Always Theirs

An original graphic novel based on the IVF stories of its husband-and-wife authors and the 1-in-50 couples around the world like them. Conrad and Joanne met in their final year of university and have been virtually inseparable since then. For a while, it felt like they had all the time in the world. Yet now, when they are finally ready to have kids, they find that getting pregnant isn't always so easy. Ahead of them lies a difficult, expensive, and emotional journey into the world of assisted fertility, where each 'successful' implantation is followed by a two-week wait to see if the pregnancy takes. Join Joanne and Conrad, their friends, their family, their coworkers, and a stream of expert medical practitioners as they experience the highs and the lows, the tears and the laughter in this sensitive but unflinching portrayal of the hope and heartbreak offered to so many by modern medicine.

'This book is an absolute game-changer' - Dr Xand Van Tulleken 'Everyone concerned about their fertility should read this book' - Dr Raj Mathur, Chair of the British Fertility Society The book you can trust to help you achieve a healthy pregnancy. Whether you are trying for a baby now or preparing for a family in future, The

Fertility Book is the no-nonsense guide you need to help you to optimize your chances of a healthy pregnancy. World-renowned fertility consultant Adam Balen and reproductive biologist Grace Dugdale dispel the myths in this comprehensive guide to reproductive health, explaining in easy-to-understand terms the genetic and lifestyle factors at play. They take an honest look at the evidence for both conventional and alternative approaches, equipping you with powerful tools to improve your chances of a natural conception and an understanding of how to create the best environment for a healthy pregnancy. If you do decide to seek help through assisted conception, this book will be with you every step of the way, explaining what treatments are available and how to approach them, so that you can come to an informed decision about what is right for you. Professor Adam Balen and Grace Dugdale have decades of experience helping couples on their journey to conception and beyond. Now in this, their first book for a general readership, they explain everything you need to know to understand your own fertility.

Sabrina and Tony had a "Grand Plan": They would get married and when they were ready to start a family, they would get pregnant. It seemed simple enough. But life has a way of setting up barricades on the road to success. And as Sabrina and Tony soon realized, their decision to have a baby was just the beginning of a long and arduous journey. Waiting for a Baby Our Successful Infertility Journey Through IVF takes you inside the hearts and minds of a couple whose dream of becoming parents seems continually thwarted. Author Sabrina Sargent leads you step by step through the experiences she and her husband shared - from the frustrating days of trying to conceive; from fertility drugs and in vitro fertilization to alternative medicine, the option of adoption, and prayer. Often heartbreaking, ultimately uplifting, Tony and Sabrina's journey is an inspiration not just to couples who face infertility but to all who travel a difficult road, guided by hope and faith.

Richard and Rosie started trying to conceive after five years of being together but, two and a half years and countless prenatal vitamins and ovulation kits later, there hadn't been even a phantom pregnancy. So began their adventure into IVF, via blood tests, sperm tests, injections and probes, becoming involuntary experts on embryology through failure, despair, persistence and success. After 4 years, 3 different clinics, 2 positive pregnancy tests and 1 miscarriage, they finally had a successful pregnancy. GET A LIFE is the perfect down-to-earth guide for anyone thinking of embarking on fertility treatment. It's two books in one, a book of advice for women and a survival guide for men, each chapter mirrored but with very different experience and advice. IVF is terrifying, awful and extraordinary in equal measures for both partners. GET A LIFE shares Richard and Rosie's ride on the fertility roller coaster, bringing you the funny, emotional and physical sides of IVF. It is an invaluable guide from both perspectives on how to get through the process in one piece.

Personal Stories and Practical Advice for Your Fertility Journey

Miracle

The 7-Weeks Fertility Journal - IVF Planner to Organize Your Medications, Appointments, Procedures and the Emotional Aspects Through Your in Vitro Fertilization (IVF) Cycle

Our Successful Infertility Journey

IVF: All You Need To Know

Waiting for Bean

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This book is a fascinating personal story that describes from start to finish the journey of a couple based in the U.K. undertaking IVF and surrogacy in the U.S. Written as their story it is also a detailed step by step guide that aims to help those starting out on the road to parenthood via surrogacy. Each chapter is a different step of that journey and it gives the reader an incredibly detailed insight into what to expect along the way. The chapters end with very practical questions and tips that the reader should be asking. This book raises pertinent questions targeted specifically for intended parents to analyse what should be done and when. In highlighting certain issues it enables those embarking on the surrogacy journey to become much more informed about the issues that will come up. Although this book is about two men creating their family in the U.S it actually looks at the thought process and decisions required around IVF and surrogacy. It has been written in a way that anyone considering surrogacy can learn more about the journey and hopefully can gain insights into what to expect. It has been written so that the chapters are virtually stand-alone; if one part is not relevant it can be skipped and the next chapter read. The aims of the book are to demystify surrogacy and to simplify the decision making involved at every step. But the real goal of this book is to help others have a single unbiased reference guide on the whole IVF and surrogacy process.

Navigating Your Journey: Treatment Of Infertility

Wanting To Have A Baby

an IVF story

The Infertility Journey

The Trying Game

The Fertility Book