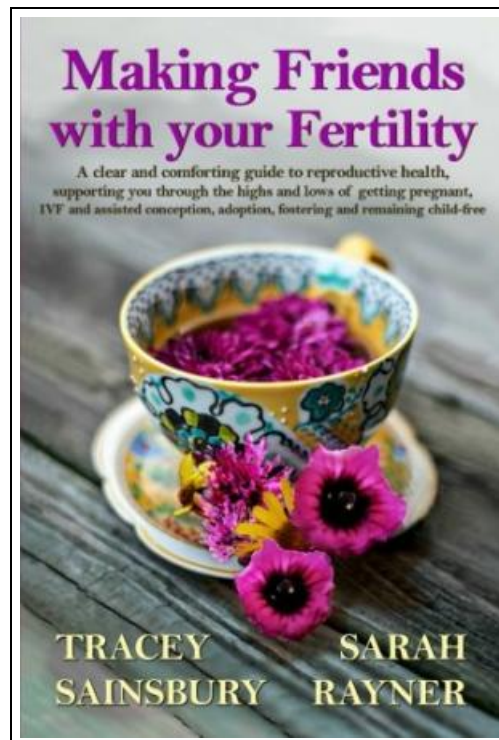


Making Friends with Your Fertility: A Clear and Comforting Guide to Reproductive Health (Paperback)



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MAKING FRIENDS WITH YOUR FERTILITY: A CLEAR AND COMFORTING GUIDE TO REPRODUCTIVE HEALTH (PAPERBACK)



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Creative Pumpkin Publishing, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A must read. A robust, resilient friend for everyone considering their fertility and an essential addition to any fertility professional's bookshelf Susan Seenan, Chief Executive, Fertility Network UK A brilliant and well-written piece of work Francesca Steyn, Head of Nursing, The Centre for Reproductive and Genetic Health From fertility counsellor Tracey Sainsbury and Sarah Rayner (bestselling author of Making Friends with Anxiety, One Moment, One Morning and The Two Week Wait) comes a full and frank guide to reproductive health. From the onset of periods and puberty, through egg and sperm production and preparing to conceive naturally, to IVF and assisted conception, in Making Friends with your Fertility Tracey and Sarah tackle them all with warmth and humour. Together they take you on a journey not just exploring what happens when things go well (through intercourse, orgasm and pregnancy), but also looking at situations where conception is not so straightforward, as it isn't for 1 in 6 heterosexual couples experiencing infertility or for those who are single or in same sex relationships and keen to have a baby. And Making Friends with your Fertility is not just for those trying to conceive - it's for all those keen to support them - friends and family, counsellors and healthcare professionals too. There is clear, concise advice on treatment options such as timed sexual intercourse, IUI and ICSI as well as tips on self-nurturing using alternative therapies, plus guidance on alternate pathways to parenthood such as adoption, fostering and surrogacy. There are case histories and quotes from those keen to share their wisdom and tips on funding and finding a clinic. And for those who decide not to parent, there are...



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