Perspective And Creating Meaning Lifetools Books For The General Public

Coping With Infertility Miscarriage And Neonatal Loss Finding

He understands that these are emotionally weighty decisions that involve the future of your family, and he provides ample grounds for optimism. 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 explanation of clinical issues, suggestions for therapeutic interventions, and future implication. This edition also includes extensive appendixes of clinical building and post infertility counseling issues. Each chapter follows the same format: introduction, historical overview, literature review, theoretical framework, data analysis, and presents case studies for both patients, along with the warmth and wisdom he has acquired from getting to know prospective parents from all kind of backgrounds. The journey from infertility to full fertility is not a smooth one. It requires patience, determination, and a lot of hard work. 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 book feeling more empowered to be an advocate for your care and more hopeful than ever to continue towards your family goals.

The book opens with an exploration of all the possible causes of infertility, covering both couples who have never been pregnant and prospective mother and prospective father. It covers endometriosis, fibroids, POS (Polycystic Ovarian Syndrome), tubal factor, male factor, and other possible 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 female and male reproductive systems. Treatment options, a host of potential lifestyle changes, lots of emotional ups and downs, and—even with the best medical insurance—challenging financial decisions.

Dr. Shahine explains not only a typical Western medicine approach to evaluation and treatment for miscarriage but also includes holistic and Eastern approaches to care, lifestyle factors that will decrease your risk of miscarriage, and the emotional impact of recurrent pregnancy loss. You will finish this book feeling more empowered to be an advocate for your care and more hopeful than ever to continue towards your family goals. "I have one word to describe this book: hope." - Dr. Shahine

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 you're not in control of your life anymore? Are you tired of the endless cycle of trying to become pregnant and failing? Do you feel like you're living in a revolving door of treatments and procedures without any results? If you answered yes to any of these questions, then you need this book.

Insanely, the only resource dedicated to managing the emotional impact of infertility and pregnancy loss is now available. When You're Not Expecting is the must-have book for women and couples struggling with fertility issues. This book provides comfort and hope for women who fear that their lost pregnancy may be their last. It offers strategies for managing your emotions, finding and working with a fertility specialist, coping with envy, disappointment, and blame. 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

The exercises and worksheets in The Infertility Workbook have been shown in research studies to improve fertility and increase pregnancy rates for couples. As you work through the book, you'll develop the skills you need to make peace with your body, let go of your fears, and help increase your chance of pregnancy. The book includes exercises and worksheets for:

- Understanding how worry and stress affect fertility
- Finding and working with a fertility specialist
- Coping with envy, disappointment, and blame
- Making the lifestyle choices that can help you conceive

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Provides comfort and hope for women who fear that their lost pregnancy may be their last. When You're Not Expecting is a must-have book. The book is written by a therapist, consultant, and public speaker dedicated to the study of infertility and its emotional impact. Other titles by Shapiro: When Part of the Self Is Lost and Not Broken.
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 can take comfort in knowing that our Heavenly Father is with us during the darkest of times.

InMiscarriage: Restoring Hope, Judith Online, a licensed counselor and certified bereavement counselor, shares an exceptional resource that can help women (and husbands) who are experiencing the challenges of miscarriage.

This beautiful book strikes a tone that is compassionate and profound. Judith Online has been there, and she shares her story as an example of hope, not only for other women who experience the loss of a child but also for their husbands and their families. She also shares the story of her own journey, offering insights into how she was able to find comfort and healing after the loss of her own child.

Within these pages, you’ll find advice on how to talk to others about your experience, how to maintain your faith, and how to find comfort in the support of others. Miscarriage: Restoring Hope is written in a way that makes it easy to read and understand, and it’s filled with practical advice that can be put into action immediately.

As a woman who has experienced the pain of miscarriage, I can honestly say that Miscarriage: Restoring Hope is a must-read for anyone who is dealing with the pain of this loss. It’s filled with wisdom, compassion, and hope, and it’s a reminder that we are not alone in our pain.

I highly recommend this book to anyone who is trying to find comfort and healing after the loss of a child. It’s a powerful resource that can help you find hope and healing in a time of great sorrow.

Miscarriage: Restoring Hope is available on Amazon and other online retailers. I encourage anyone who is dealing with the pain of miscarriage to pick up a copy and read through the pages. It’s a book that will change your life.
For women who struggle with infertility, the process of conceiving and carrying a baby is fraught with physical, emotional and spiritual anguish. Renowned 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 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 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 patients will find that the book offers helpful insights into the experiences and concerns of their clients. Finally, researchers studying infertility will find this book to be a rich source of interesting hypotheses.” --Contemporary Psychology “Lasker and Borg present a thoughtful and sensitive examination of the world of infertility and more social support groups for the infertile. Reading and discussing this book is a first step. It is also an excellent supplementary discussion of infertility and more social support groups for the infertile. 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 awareness and understanding of infertility and the implications of this common condition. Reprint. 35,000 first printing.

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.

[Read PDF Coping With Infertility Miscarriage And Neonatal Loss Finding Perspective And Creating Meaning Lifetools Books For The General Public]
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.

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

More than 7.3 million women in the United States are unable to have children because of infertility challenges, according to the American Society for Reproductive Medicine. Women and men diagnosed with infertility often feel overwhelmed and panicked; they are eager for accessible information and medically sound guidance. In this breakthrough book, Dr. Schoolcraft, one of the most renowned fertility specialists, offers hope to prospective parents by explaining what they need to know, including: • choosing the right physician and clinic • finding proven treatments for each condition • dealing with the emotional challenges of infertility • understanding the financial aspects of treatment If at First You Don’t Conceive offers the latest information in the key areas of fertility drugs, insemination, in vitro fertilization, male infertility treatments, fertility options for cancer patients, and much more. It saves millions of hopeful parents from suffering and confusion by allowing them to become their own best advocates in the fight for fertility.