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

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Infertility And Stories Of HopeFertility CounselingWhen the Dream is ShatteredThe Fertility Doctor's Guide to Overcoming InfertilityReproductive TraumaUnsung LullabiesSmall MiraclesPregnancy After a LossLost Children: Coping with Miscarriage for Latter-Day SaintsHow to Cope with IrThe Impatient Woman's Guide to Getting PregnantExperiencing InfertilityThe Birth of BeingCoping With InfertilityCoping with Infertility, Miscarriage, and Neonatal Loss: In Search Of ParenthoodCoping with Infertility, Miscarriage, and Neonatal LossCoping with Infertility Not BrokenCoping With InfertilityNot BrokenMiscarriage MomThrough, Not AroundHannah's HopeInfertilityManaging the Stress of InfertilityHadh a Miscarriage Coping with MiscarriageThe Fifth Vital Sign: Master Your Cycles and Optimize Your FertilityTrying AgainInfertility CounselingTaking Charge of Your FertilityIt Starts with the EggThe Infertility WorkbookStick It to Me, Baby!Infertility and PTSDLost ChildrenIf at First You Don't ConceiveWhen You're Not ExpectingInfertility MemoirConquering InfertilityFully Fertile "Wise and compassionate . . . a profound game-changer of a book." --Carolee Leavitt, author of Pictures of You Though approximately one in four pregnancies ends in miscarriage, it remains a rarely talked about, under-researched, and largely misunderstood area of women's health. This profoundly necessary book--the first comprehensive portrait of the psychological, emotional, medical, and cultural aspects of miscarriage--aims to help break that silence. With candor, warmth, and empathy, psychotherapist Julia Bueno blends women's stories (including her own) with research and analysis, exploring the effect of pregnancy loss on women and highlighting the ways in which our society fails to effectively respond to it. The result is a galvanizing, urgent, and moving exploration of a too-often-hidden human experience, and a crucial resource for anyone struggling with--or seeking to better understand--miscarriage. 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. So this book will be a healing treatment for those struggling with infertility or miscarriages. It is also a good one to read for those who want to understand what others may be going through. In this infertility stories of hope book, you will discover: Section One: Struggles of the HeartSection Two: Struggles of the MindSection Three: Struggles of the BodySection Four: Struggles of the Spirit Section Five: A word of Hope Every story is true about men and women suffering from infertility. And they all will touch your heart. Let's not waste any more time! Dive in and start reading!MENSTRUATION ISN'T JUST ABOUT HAVING BABIESYour menstrual cycle is a vital sign, just like your pulse, temperature, respiration rate, and blood pressure. And it provides you with essential information about your health. The Fifth Vital Sign: Master Your Cycles and Optimize Your Fertility brings together over 1,000 meticulously researched scientific references in a textbook-quality guide to understanding your menstrual cycle. In this book you'll learn: --What a normal cycle looks like; --The best way to chart your cycle and increase your fertility awareness; --How to manage your body's health for pregnancy; --Healthy lifestyle changes, 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 diets, and natural remedies. Most importantly, it saves money of millions of hopeful parents from suffering and confusion by allowing them to become their own best advocates in the fight for fertility. 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. A comprehensive guide to overcoming infertility shows women how to work through their way by incorporating traditional and alternative approaches. Reprint. 35,000 first printing.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 take back control of the cycle of sadness and resentment 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. 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."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 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 vitro programs, in so-called 'surrogate' 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 MotherhoodWhether 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 specifically for Latter-day Saints who have experienced miscarriage and loss. Written by the 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. 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. This book presents the latest in-depth, case-based counseling approaches to new, increasingly complex psychosocial issues of patients requiring assisted reproduction. Comforting and intimate, this “girlfriend” guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. The Impatient Woman’s Guide to Getting Pregnant is a complete guide to the medical, psychological, social, and sexual aspects of getting pregnant, told in a funny, compassionate way, like talking to a good friend and someone who’s been through it all. And in fact, Dr. Jean Twenge has been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging—that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story. The good news is: There is a lot less to worry about than you’ve been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you’re ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to titl the odds toward having a baby or a girl, and the best prenatal diet. To conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, The Impatient Woman’s Guide to Getting Pregnant is the bedside companion to help you through it. 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. Provides comfort and hope for women who fear that their lost pregnancy may be their last. 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 going through IVF, and I hope you will as you undergo IVF treatment." - Ingrid M. McDonald, author of The Fertile Mama When you need the most comprehensive and up-to-date information about 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 worrying, 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 for your IVF cycle through coping to the results. This book also 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 to 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. Waiting to become parents can be a long, heartbreaking journey - especially when it's due to struggles with infertility. If you're experiencing this in your life, know that you're not alone. This is the heart wrenching, exhilarating, devastatingly funny story of the author’s battle with infertility. She wanted a baby so badly she went through nine IVF's. In her worst nightmare she could never have imagined that making a baby would take her four years, each treatment bringing her and her husband Marko closer and closer to creating their family. During the author's journey everything that can go wrong does go wrong. Until, finally, everything goes just right. She is as hilarious as she is irresponsible, as approachable as she is knowledgeable. If you are struggling with infertility, have triumphed over infertility or have felt empathy with someone who is going through this experience, you will find a friend in the author. 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 and 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 the infertility and conception treatment? Are you paying too much for helping you conceive? You do 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 • Ease Your Frustrations • Regain A Sense Of Control.Miscarriage Mom is a must read for anyone who has lost a child through miscarriage. Having experienced six miscarriages, author Kristy Parisi understands the pain and grief of losing an unborn baby and the fear that comes with each pregnancy. Miscarriage Mom addresses the emotions, reactions, and experiences to be expected after a miscarriage. Honoring your unborn baby, returning to work, and dealing with others' reactions is just a few of the many topics addressed. With a genuine desire to help, Kristy wrote Miscarriage Mom for any woman who has suffered the pain and devastation of miscarriage. Including a special man-to-man talk written by Kristy’s husband, Vincent, Miscarriage Mom gives readers a clear look into what to expect now that you’re no longer pregnant. 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 miscarriage and how it affects a person physically, emotionally, and spiritually. Rachelle offers insight and reassurance for those who have suffered miscarriage and guidance for those desiring to conceive their loved ones. She emphasizes that we are all children of a loving Heavenly Father, despite the trials we face.—Richard Paul Evans Any woman who has lost a child and felt that she too has been lost along the way will find comfort, security, and hope within the pages of this book.—Josi S. Kilpack, author of Unsung Lullaby Lost Children is one of those high-quality reference books that belongs on every therapist's bookshelf. I intend to utilize this book in my practice and highly recommend it as a source of help and comfort. —Russell Beck, LPC and Licensed Designated Examiner for the state of Utah and author of 21 Days to Parenting: A Compassionate and Practical Approach that Accompanies the Journey and coauthor of Parenting the Eminem's ChildNot 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. Shahnine 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 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 If you and your partner have struggled with fertility issues, you'll be well aware of the emotional roller coaster of confusion, frustration, and disappointment that accompanies the miscarriage process. 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 offered in The Fertility 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 infertility disappointment, and blame Making the lifestyle choices that can help you conceive I HAD A MISCARRIAGE is Dr. Jessica Zucker's account of her miscarriage that occurred sixteen weeks into her pregnancy, and her journey of recovery following it. Drawing from her psychological expertise and her work as the creator of the viral #IHadaMiscarriage campaign, this book uses Zucker's and other women's experiences to explore grief, healing, and the power of speaking one's truth.—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 current book covering infertility counselors 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 key issues, suggestions for therapeutic interventions, and future implications. This edition also includes extensive resources.
appendices of clinical tools useful to the clinician, including an Internet database of resources and an extensive glossary of terminology.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. For people experiencing infertility, wanting a baby is a tragedy 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 the tools to: * Restore their sense of helpfulness and isolation * Identify their mates’ coping styles to ease unfair expectations * Listen to their “unspoken lullabies”—their conscious and unconscious dreams about having a family—to mourn the losses of infertility and move on. Ground-breaking, wise, and compassionate, Unspoken Lullabies is a necessary companion for anyone coping with infertility.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. Ridge, PhD, The Pennsylvania State University, World Campus – For people experiencing infertility, wanting a baby is a tragedy unlike any other. The intensity of their longing is matched only by the complexity of the emotional maze they must navigate. So this book will be a healing treatment for those struggling with infertility ormiscarriage and trying to conceive. Infertility, for so many, is a rallying cry for justice and a fight for their families. Infertility is a reality in a world that denies its existence and seeks to avoid its pain and fear. We must cultivate a world that fully recognizes and validates the pain of infertility. This book is a story of hope for anyone struggling with infertility or miscarriage. It is a story of life and love in the face of loss and heartache. The authors, who have each experienced their own struggle with infertility, provide a compassionate and practical guide to help couples in their journey to fertility. The book is organized into three parts: * Understanding Infertility * Coping with Infertility * Achieving Pregnancy. Each part is further divided into sections that cover the key issues and challenges couples face when they are trying to conceive. The book offers practical advice and support to help couples navigate the emotional and physical aspects of infertility, miscarriage, and pregnancy loss. The authors draw on their own experiences and the experiences of other couples who have faced infertility, miscarriage, and pregnancy loss. They offer hope and encouragement, and provide strategies for coping with the challenges of infertility and pregnancy loss. The book is written in a clear and accessible style, and includes personal stories and case studies to help readers understand the experiences of others. The book is a valuable resource for couples who are struggling with infertility or miscarriage, as well as for health care professionals who work with these couples. The authors provide a comprehensive overview of the factors that can contribute to infertility and miscarriage, and offer guidance on how to manage these factors. They also provide information on the medical treatments and options available for couples who are trying to conceive. The book includes a section on the psychological aspects of infertility and pregnancy loss, and offers strategies for coping with the emotional challenges of these experiences. The book is a must-read for anyone struggling with infertility or miscarriage, and for anyone who wants to understand the experiences of those who are trying to conceive.
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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 Infertility: Psychological Issues and Counseling Strategies is a valuable reference for mental health professionals who treat individuals and couples grappling with the psychological and emotional strains of infertility and its treatment. Drawing upon their professional experiences as well as the current literature in the field, leading practitioners consider the differences in how women and men react to a diagnosis of infertility and describe strategies for helping individuals deal with the anxieties, feelings of inadequacy, and low self-esteem that can follow such a diagnosis. These experts examine the effects of infertility on love, sex, and other facets of a relationship and detail methods for helping couples resolve conflicts about infertility. They explore the latest findings on pregnancy-related stress and its possible somatic effects, and they describe effective stress management techniques. They offer practical guidelines for helping patients to cope with failed fertility treatments and manage the grief of a miscarriage. And they examine a wide range of clinical issues surrounding alternative routes to parenting, including adoption.

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