



The Infertility Workbook: A Mind-Body Program to Enhance Fertility, Reduce Stress, and Maintain Emotional Balance (New Harbinger Self-Help Workbook)

Barbara Blitzer

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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 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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