



Emma Cannon's Total Fertility: How to understand, optimize and preserve your fertility

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Fertility is one of the major health and wellbeing issues for modern women, and Emma Cannon's *Total Fertility* offers clear, warm and supportive advice to help you on your own unique fertility journey. This book will help you get pregnant now, whether you are going for natural or assisted conception, and also focus on fertility preservation to help you stay fertile longer so you can get pregnant in the future.

Emma Cannon answers the many nagging questions women have about fertility and conception; questions such as:

How can I get a sense of my fertility? Can I preserve my fertility? When exactly should we be having sex? Does my diet really matter? Does stress lower my chances of conceiving? What exercise should I be doing?

Reducing stress and approaching fertility with a calm and positive attitude is central to her approach to getting pregnant, so Emma also helps you develop a 'fertile mindset' with a toolbox of simple suggestions to cultivate emotional wellness for your particular fertility 'type'.

Written in Emma's trademark optimistic, warm and non-judgmental tone, *Total Fertility* is a book for anyone who is thinking - or has ever thought of - getting pregnant.

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Sandra Castillo:

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