

The Impatient Womans Guide To Getting Pregnant

Trying to conceive is an exciting (read: excruciating) time in women's lives, but there is no more daunting a task during her cycle than the two week wait. It's a time when wanna-be mommas can find themselves anxious and emotionally wrecked. Enter *The Two Week Wait Challenge*: a handy guide to navigating the time between potential conception and the day you're able to test for pregnancy. Chock-full for easy, inexpensive self-care practices and positive affirmations, the challenge encourages women to take time for themselves (while simultaneously speeding up the 14 days) and allows their partners to be a part of the process in a loving, supportive way. Add a dash of sass and humor to help you survive and you've got a recipe for a successful (less painful) two week wait.

A practical and evidence-backed approach for improving egg quality and fertility—fully revised and updated in 2019. The latest scientific research reveals that egg quality has a powerful impact on how long it takes to get pregnant and the risk of miscarriage. Poor egg quality is in fact the single most important cause of age-related infertility, recurrent miscarriage, and failed IVF cycles. Based on a vast array of scientific research, *It Starts with the Egg* provides a comprehensive program for improving egg quality in three months, with specific advice tailored to a variety of fertility challenges—including endometriosis, unexplained infertility, diminished ovarian reserve, PCOS, and recurrent miscarriage. With concrete strategies such as minimizing exposure to common toxins, choosing the right vitamins and supplements to safeguard developing eggs, and harnessing nutritional advice shown to boost IVF success rates, this book offers practical solutions that will help you get pregnant faster and deliver a healthy baby.

Being as desperate as I was for a baby, I thought I was completely open and ready for motherhood. But I look back and realise that I was putting up a lot of resistance on an emotional level. So it turns out I was my own worst enemy. I knew instinctively that my attitude had to change before this baby could freely come into my life... This was Michaela Ryan's experience of trying to fall pregnant and her story will resonate with many couples trying to conceive. While stress is a well-known factor affecting fertility, other more subtle issues can play a major role - such as unresolved fears about becoming a parent, childhood traumas, repressed emotions, self-esteem issues and relationship difficulties. Mark and his wife Charlotte had to learn to work together as a team and make their relationship a priority before they fell pregnant. Deb and Keith endured 23 IVF cycles and had to deal with numerous miscarriages before Deb radically changed her lifestyle and fell pregnant. With fifteen real-life stories, this compelling, uplifting and often humorous book examines an area of infertility largely ignored and offers practical solutions for couples dealing with fertility issues.

"A fascinating epic tale."—*The New York Post* An Afghan American woman returns to Kabul to learn the truth about her family and the tragedy that destroyed their lives in this brilliant and compelling novel from the bestselling author of *The Pearl That Broke Its Shell*, *The House Without Windows*, and *When the Moon Is Low*. Kabul, 1978: The daughter of a prominent family, Sitara Zamani lives a privileged life in Afghanistan's thriving cosmopolitan capital. The 1970s are a time of remarkable promise under the leadership of people like Sardar Daoud, Afghanistan's progressive president, and Sitara's beloved father, his right-hand man. But the ten-year-old Sitara's world is shattered when communists stage a coup, assassinating the president and Sitara's entire family. Only she survives. Smuggled out of the palace by a guard named Shair, Sitara finds her way to the home of a female American diplomat, who adopts her and raises her in America. In her new country, Sitara takes on a new name—Aryana Shepherd—and throws herself into her studies, eventually becoming a renowned surgeon. A survivor, Aryana has refused to look back, choosing instead to bury the trauma and devastating loss she endured. New York, 2008: Forty years after that fatal night in Kabul, Aryana's world is rocked again when an elderly patient appears in her examination room—a man she never expected to see again. It is Shair, the soldier who saved her, yet may have murdered her entire family. Seeing him awakens Aryana's fury and desire for answers—and, perhaps, revenge. Realizing that she cannot go on without finding the truth, Aryana embarks on a quest that takes her back to Kabul—a battleground between the corrupt government and the fundamentalist Taliban—and through shadowy memories of the world she loved and lost. Bold, illuminating, heartbreaking, yet hopeful, *Sparks Like Stars* is a story of home—of America and Afghanistan, tragedy and survival, reinvention and remembrance, told in Nadia Hashimi's singular voice.

Novel based on Pirates and buried gold of Treasure Island (Imaginary place).

A memoir of hope for the thousands of women struggling with infertility, from one who beat the odds by simply tuning in to her body and tapping her well of sheer determination. At a time when more and more women are trying to get pregnant at increasingly advanced ages, fertility specialists and homeopathic researchers boast endless treatment options. But when Julia Indichova made the rounds of medical doctors and nontraditional healers, she was still unable to conceive a child. It was only when she forsook their financially and emotionally draining advice, turning inward instead, that she finally met with reproductive success. *Inconceivable* recounts this journey from hopeless diagnoses to elated motherhood. Anyone who has faced infertility will relate to Julia's desperate measures: acupuncture, unidentifiable black-and-white pellets, herb soup, foul-smelling fruit, even making love on red sheets. Five reproductive endocrinologists told her that there was no documented case of anyone in her hormonal condition getting pregnant, forcing her to finally embark on her own intuitive regimen. After eight caffeine-free, nutrient-rich, yoga-laden months, complemented by visualization exercises, Julia received amazing news; incredibly, she was pregnant. Nine months later she gave birth to a healthy girl. Unlike the many infertility books that take a clinical "how to" approach, *Inconceivable* simply professes the wisdom of giving expert status back to the patient. Julia's self-discovery, and her ability to see her body as an ally once again, yield a beautiful message about the importance of honoring the body's innate powers, and the power of life itself. For many people conceiving a baby is easy. For others, the difficulty or inability to conceive can cause anguish and heartache due to possible fertility issues. When people learn that their fertility is challenged they have a vast array of

questions. There is a lot of important information but men and women don't always know where to turn. Written by one of the founding fathers of IVF and experts in fertility Professor Robert Winston, this book offers the most up-to-date, well researched, scientifically proven and reassuring advice and guidance at this time. Divided into a number of subjects such as understanding your fertility, diet, fertility treatments and support, each chapter is structured around the most common questions asked by men and women. Amongst many others, the areas covered include how men and women's fertility can be challenged; what can be done to increase your chances of getting pregnant naturally; when you might want to consider fertility treatment; what treatments are available and how they vary; the kinds of questions you should be asking your treatment clinic; if there are risks of fertility treatment; the difficulties people go through during fertility treatment and what support is given. The Essential Fertility Guide is the first in the series of reference books published in association with The Essential Parent Company. With tips, lists of do's and don'ts and case studies, this book arms you with everything you need to know and understand about fertility and how to boost your chances of having a baby.

MENSTRUATION ISN'T JUST ABOUT HAVING BABIES Your 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 best to manage critical aspects of your health, including better sleep, exercise and a healthier diet; –Natural methods for managing period pain and PMS; –How to successfully avoid pregnancy without the pill; and –How to plan ahead if you do want to get pregnant. **The Fifth Vital Sign** aims to better connect women with their menstrual cycles, to break the myth that ovulation is only important when you're ready to have a baby. **READ THE FIFTH VITAL SIGN TO BETTER UNDERSTAND YOUR HEALTH AND FERTILITY**

Whether children are a part of your future plans or not, your health matters. Start learning more now, and take control of your health. **ABOUT THE AUTHOR** Lisa Hendrickson-Jack is a certified Fertility Awareness Educator and Holistic Reproductive Health Practitioner. She teaches women to chart their menstrual cycles for natural birth control, conception, and overall health monitoring. In her work, Lisa draws heavily from the current scientific literature and presents an evidence-based approach to fertility awareness and menstrual cycle optimization. **Making a healthy baby begins with healthy ingredients. Learn how to hack your diet to increase fertility--getting your body into the best baby-making shape--in only four weeks!** The latest research reveals that by optimizing nutrition, you can boost your chances of conceiving and having a safe, healthy pregnancy and baby. But with so much information out there, how can you make sure you're getting the nutrients you need to maximize fertility and avoiding the seemingly healthy foods that could be interfering with fertility? In this comprehensive guide, diet and nutrition expert and research neuroscientist Dr. Nicole Avena offers revolutionary science-based advice for women and men who are either thinking about having a baby, already trying, or dealing with fertility issues.

"Both a page-turning drama and an inspiration for every reader" -- Hillary Rodham Clinton Soon to be a major television event, the nail-biting climax of one of the greatest political battles in American history: the ratification of the constitutional amendment that granted women the right to vote. Nashville, August 1920. Thirty-five states have approved the Nineteenth Amendment, granting women the right to vote; one last state--Tennessee--is needed for women's voting rights to be the law of the land. The suffragists face vicious opposition from politicians, clergy, corporations, and racists who don't want black women voting. And then there are the "Antis"--women who oppose their own enfranchisement, fearing suffrage will bring about the nation's moral collapse. And in one hot summer, they all converge for a confrontation, replete with booze and blackmail, betrayal and courage. Following a handful of remarkable women who led their respective forces into battle, **The Woman's Hour** is the gripping story of how America's women won their own freedom, and the opening campaign in the great twentieth-century battles for civil rights.

A lighthearted assessment of the medical, psychological, social and sexual aspects of conception shares advice for women on what they can do before contacting a doctor, explaining how to prepare oneself mentally and physically for pregnancy while offering insights into maximizing conception chances. Original. 35,000 first printing.

This is the complete guide to getting pregnant and improving fertility naturally -- even if you've been told your chances of conception are low. A nationally renowned women's health and fertility expert, Aimee Raupp has helped thousands of women optimize their fertility and get pregnant. Now, in this book, she provides her complete program for improving your chances of conceiving and overcoming infertility, including the most effective complementary and lifestyle approaches, the latest nutritional advice, and ways to prepare yourself emotionally and spiritually.

Author, psychologist, and astrologer Monika Wikman has worked for decades with clients and their dream symbols and witnessed the presence of the divine hand at work in the psyche. In **The Pregnant Darkness**, Wikman shows readers that the best way to cope with their darkest hours is by fostering a connection to the deeper current of life, those mysteries that give life form and meaning. Wikman's analysis of dream material leads readers into a practical explanation of alchemical symbolism. Far from being a quaint, ancient practice, **The Pregnant Darkness** shows that alchemy is at work in contemporary, everyday life. Alchemical symbolism, properly understood, can be applied to unraveling the meaning of visions in meditation, active imagination, and dream work. Wikman shows how readers can participate in the divine energies to help miraculous changes occur in their lives. Wikman writes: "In Greek mythology, Pegasus, upon taking to the air, pushed hard with a back hoof and penetrated the earth. A spring rose up where his hoof dashed the earth, and in this hole . . . the muses reside. One of the roles of the "religious function" of which Jung speaks is to bring us toward that inner spring of the muses where something beyond ego resides, instructs, and inspires. Like a hole created from Pegasus' leaping foot, contact with this inner spring often entails a crack in our field of ordinary consciousness. In the inner world, the spring of living symbols and accompanying presences is the source of dreams and visions, as well as the

fountain of inspiration at the heart of poetry, art, ritual, mythology, and even religion."

From the New York Times bestselling author of *A Long Petal of the Sea* comes "a bold exploration of womanhood, feminism, parenting, aging, love and more" (Associated Press). "The Soul of a Woman is Isabel Allende's most liberating book yet."—Elle "When I say that I was a feminist in kindergarten, I am not exaggerating," begins Isabel Allende. As a child, she watched her mother, abandoned by her husband, provide for her three small children without "resources or voice." Isabel became a fierce and defiant little girl, determined to fight for the life her mother couldn't have. As a young woman coming of age in the late 1960s, she rode the second wave of feminism. Among a tribe of like-minded female journalists, Allende for the first time felt comfortable in her own skin, as they wrote "with a knife between our teeth" about women's issues. She has seen what the movement has accomplished in the course of her lifetime. And over the course of three passionate marriages, she has learned how to grow as a woman while having a partner, when to step away, and the rewards of embracing one's sexuality. So what feeds the soul of feminists—and all women—today? To be safe, to be valued, to live in peace, to have their own resources, to be connected, to have control over our bodies and lives, and above all, to be loved. On all these fronts, there is much work yet to be done, and this book, Allende hopes, will "light the torches of our daughters and granddaughters with mine. They will have to live for us, as we lived for our mothers, and carry on with the work still left to be finished."

Making Babies offers a proven 3-month program designed to help any woman get pregnant. Fertility medicine today is all about aggressive surgical, chemical, and technological intervention, but Dr. David and Blakeway know a better way. Starting by identifying "fertility types," they cover everything from recognizing the causes of fertility problems to making lifestyle choices that enhance fertility to trying surprising strategies such as taking cough medicine, decreasing doses of fertility drugs, or getting acupuncture along with IVF. *Making Babies* is a must-have for every woman trying to conceive, whether naturally or through medical intervention. Dr. David and Blakeway are revolutionizing the fertility field, one baby at a time.

As seen in *Time*, *USA TODAY*, *The Atlantic*, *The Wall Street Journal*, and on CBS *This Morning*, BBC, PBS, CNN, and NPR, *iGen* is crucial reading to understand how the children, teens, and young adults born in the mid-1990s and later are vastly different from their Millennial predecessors, and from any other generation. With generational divides wider than ever, parents, educators, and employers have an urgent need to understand today's rising generation of teens and young adults. Born in the mid-1990s up to the mid-2000s, *iGen* is the first generation to spend their entire adolescence in the age of the smartphone. With social media and texting replacing other activities, *iGen* spends less time with their friends in person—perhaps contributing to their unprecedented levels of anxiety, depression, and loneliness. But technology is not the only thing that makes *iGen* distinct from every generation before them; they are also different in how they spend their time, how they behave, and in their attitudes toward religion, sexuality, and politics. They socialize in completely new ways, reject once sacred social taboos, and want different things from their lives and careers. More than previous generations, they are obsessed with safety, focused on tolerance, and have no patience for inequality. With the first members of *iGen* just graduating from college, we all need to understand them: friends and family need to look out for them; businesses must figure out how to recruit them and sell to them; colleges and universities must know how to educate and guide them. And members of *iGen* also need to understand themselves as they communicate with their elders and explain their views to their older peers. Because where *iGen* goes, so goes our nation—and the world.

A novel of a shattering loss, an act of revenge, and a quest for redemption from the New York Times–bestselling author of *Garden of Lies*. Alice Kessler has lived through a mother's worst nightmare. While riding his bike, her eight-year-old son, David, was killed by a drunk driver. Out of her mind with grief and rage—especially after losing the wrongful death suit—Alice runs down the driver, Owen White, crippling him. After serving nine years in prison, she returns to Grays Island in the Pacific Northwest, divorced and destitute, to reunite with her surviving son, Jeremy. But the child she has not seen in almost a decade has become an angry teenager, and when Jeremy is falsely accused of rape, White, who is now mayor, seizes his chance for revenge. To defend Jeremy, Alice seeks the help of former Manhattan DA Colin McGinty, who lost his wife on 9/11 and returned to Grays Island after the death of his grandfather—an artist famous for his haunting portrait *Woman in Red*. As the story of the painting is revealed, the past becomes intertwined with the present, and Alice and Colin discover that they are bound together by a deadly wartime secret on the verge of being exposed.

The practical, comforting, honest, and hilarious bestseller for moms-to-be, with more than one and a half million copies in print! Your doctor gives you medical advice. Your mother buys you baby clothes. But who can give you the real skinny when you're pregnant? Your girlfriends, of course—at least, the ones who've been through the exhilaration and exhaustion, the agony and ecstasy of pregnancy. Four-time delivery room veteran Vicki Iovine talks to you the way only a best friend can—in the book that will go the whole nine months for every mother-to-be. In this revised and updated edition, get the lowdown on all those little things that are too strange or embarrassing to ask, practical tips, and hilarious takes on everything pregnant. What really happens to your body—from morning sickness and gas to eating everything in sight—and what it's like to go from being a babe to having one. *The Many Moods of Pregnancy*—why you're so irritable/distracted/tired/lightheaded (or at least more than usual). *Staying Stylish*—You may be pregnant, but you can still be the fashionista you've always been (or at least you don't have to look like a walking beachball)—wearing the hippest designers and proudly showing off your bump. *Pregnancy is Down To a Science*—from in vitro fertilization to scheduled c-sections, there are so many options, alternatives, and scientific tests to take that being pregnant can be downright confusing! And much more! For a reassuring voice or just a few good belly laughs, turn to this straight-talking guide on what to really expect when you're expecting.

From the author of "Fertility Diary" for the New York Times Motherlode blog comes a reassuring, no-nonsense guide to both the emotional and practical process of trying to get pregnant, written with the smarts, warmth, and honesty of a woman who has been in the trenches. "A compassionate, often funny, well-researched, and ultimately empowering guide."—Lori Gottlieb, New York Times bestselling author of *Maybe You Should Talk to Someone* There are so many ways to be Not Pregnant: You can be young, old, partnered, or unpartnered. Maybe you have endometriosis. Maybe you don't have enough eggs or your partner doesn't have enough sperm. Or maybe there's nothing wrong except you're Just. Not. Pregnant. Amy Klein has been there. Faced with fertility obstacles, she quickly became an expert. After nine rounds of IVF, four miscarriages, three acupuncturists, two rabbis, and one reproductive immunologist, she finally became a mother. And she wrote about it all for the New York Times Motherlode blog in her "Fertility Diary" column. Now, Amy has written the book she wishes she'd had when she was trying to get pregnant. With advice from medical experts as well as real women, she outlines your options every step of the way, from

questions you should ask to advice on getting your mother-in-law to mind her own beeswax. In this comprehensive road map to infertility, you'll find topics such as: * whether to freeze your eggs * finding (and affording) a clinic * what to expect during your first IVF cycle * baby envy--aka it's okay to skip your friend's shower * whether the alternative route--acupuncture, herbs, supplements--is for you * helpful tips, charts, and more! Empowering, compassionate, and down-to-earth, *The Trying Game* will show you what to expect when you're not expecting with heart and humanity when you need it the most.

Marisa Peer's unique brand of hypnotherapy is truly life changing the proof is overwhelming her last book has over 245 five star customer reviews, with readers saying again and again how their lives have completely turned around since reading Marisa's book. Now in her fantastic new book *Trying to Get Pregnant (and Succeeding)* Marisa gives you the tools to get pregnant quickly and easily in a programme that is effortless and rewarding. Marisa's tried and tested programme is a natural way to increase your fertility. Her powerful hypnotic language and effective techniques mean that just reading the book enables you to change negative thought patterns that have been suppressing and blocking your fertility without you knowing it. Marisa uses her revolutionary method of reprogramming the brain to alter any blocks related to pregnancy, birth and motherhood. Addressing women with every kind of infertility problem and women who are planning or undergoing IVF, Marisa's powerful techniques, which are not to be found anywhere else, lie in the process of reading the book. *Trying to Get Pregnant (and Succeeding)* is an exciting book that enables any women struggling to get pregnant to deliver a healthy baby, even if they've been told they were infertile. It works on multiple levels using techniques including powerfully affecting exercises, subtle repetition and straightforward questionnaires to break negative blocks about pregnancy and birth whilst improving your fertility. An effortless process, the reader's progress through the book is a hypnotherapy treatment in itself. Marisa Peer was voted Britain's Best Therapist and is listed in *The Tatler* guide to Britain's very best Doctors and specialists she has a unique ability to help people with fertility problems. Written in the highly engaging style she is renowned for, Marisa speaks to you on an extremely personal level and tailors her proven methods in boosting conception to your unique needs. Unlike other books, not only does her programme naturally boost fertility but it can do so by your next cycle. If you want to have a baby the most important tool to boost your fertility is your mind. This book offers hope for all women with fertility issues, so if you are struggling with unexplained infertility or secondary infertility Marisa's brand new book shows you how to get pregnant fast. With Marisa's proven programme you can increase your fertility, improve your ability to conceive naturally, or with IVF, and then carry your perfect baby to full term.

Get ready to cheer for Rose Lloyd, a woman of young middle-age who proves that starting over doesn't have an age limit. After twenty-five years spent juggling husband, career, and kids with admirable success, Rose suddenly finds both her marriage and her career in unexpected ruin. Forced to begin a new life, she is at first terrified, then energized, by her newfound freedom—it's amazing what prolonged reflection, a little weight loss, a new slant on independence, and some Parisian lingerie will do for the psyche! Witty, insightful, and emotionally resonant, Buchan's novel will strike a chord with anyone who has ever wondered what Middle Age would look like from the other side of the looking glass (answer: much better than you could ever expect).

New York Times bestselling author Jennifer Chiaverini returns with *The Women's March*, an enthralling historical novel of the women's suffrage movement inspired by three courageous women who bravely risked their lives and liberty in the fight to win the vote. Twenty-five-year-old Alice Paul returns to her native New Jersey after several years on the front lines of the suffrage movement in Great Britain. Weakened from imprisonment and hunger strikes, she is nevertheless determined to invigorate the stagnant suffrage movement in her homeland. Nine states have already granted women voting rights, but only a constitutional amendment will secure the vote for all. To inspire support for the campaign, Alice organizes a magnificent procession down Pennsylvania Avenue in Washington, DC, the day before the inauguration of President-elect Woodrow Wilson, a firm antisuffragist. Joining the march is thirty-nine-year-old New Yorker Maud Malone, librarian and advocate for women's and workers' rights. The daughter of Irish immigrants, Maud has acquired a reputation—and a criminal record—for interrupting politicians' speeches with pointed questions they'd rather ignore. Civil rights activist and journalist Ida B. Wells-Barnett resolves that women of color must also be included in the march—and the proposed amendment. Born into slavery in Mississippi, Ida worries that white suffragists may exclude Black women if it serves their own interests. On March 3, 1913, the glorious march commences, but negligent police allow vast crowds of belligerent men to block the parade route—jeering, shouting threats, assaulting the marchers—endangering not only the success of the demonstration but the women's very lives. Inspired by actual events, *The Women's March* offers a fascinating account of a crucial but little-remembered moment in American history, a turning point in the struggle for women's rights.

The impatient woman's guide to God's timing.

Feeling a bit stressed? Overwhelmed by the demands of life? Caught up in a whirl of unrealistic expectations? This book reveals a God whose grace is more powerful than all the imperfections of life -- and the feelings of disappointment and guilt that come with trying to control it all.

Doctors and researchers are increasingly learning that by the time a woman gets pregnant, she may have already missed a critical window of opportunity to give her baby the best start in life. In this friendly and authoritative guide, Dr. Michael C. Lu, an expert in the field, offers a step-by-step prepregnancy plan that will help you have a safer pregnancy and a smarter and healthier child. Dr. Lu's plan explains how you can help prevent pregnancy complications such as gestational diabetes or preeclampsia, and minimize the likelihood of many childhood conditions, from asthma to autism. His expert advice includes: Ten brain foods you should eat more Ten toxic foods to avoid Ten steps to strengthen your stress resilience Ten steps to tune up your immune system Ten steps to detoxify your environment And much more!

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 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 tilt the odds toward having a boy or a girl, and the best prenatal diet. Trying 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.

The first medical specialty selection guide written by residents for students! Provides an inside look at the issues surrounding medical specialty selection, blending first-hand knowledge with useful facts and statistics, such as salary information, employment data, and match statistics. Focuses on all the major specialties and features firsthand portrayals of each by current residents. Also includes a guide to personality characteristics that are predominate with practitioners of each specialty. "A terrific mixture of objective information as well as

factual data make this book an easy, informative, and interesting read.” --Review from a 4th year Medical Student

Draws on more than a decade of research to identify the challenges being faced by today's young adults, offering insight into how unprecedented levels of competitiveness, economic imbalances, and changes in sexual dynamics are resulting in higher incidences of life dissatisfaction and psychological turmoil. Reprint. 35,000 first printing.

'This book is an absolute game-changer' - Dr Xand Van Tulleken 'Everyone concerned about their fertility should read this book' - Dr Raj Mathur, Chair of the British Fertility Society The book you can trust to help you achieve a healthy pregnancy. Whether you are trying for a baby now or preparing for a family in future, The Fertility Book is the no-nonsense guide you need to help you to optimize your chances of a healthy pregnancy. World-renowned fertility consultant Adam Balen and reproductive biologist Grace Dugdale dispel the myths in this comprehensive guide to reproductive health, explaining in easy-to-understand terms the genetic and lifestyle factors at play. They take an honest look at the evidence for both conventional and alternative approaches, equipping you with powerful tools to improve your chances of a natural conception and an understanding of how to create the best environment for a healthy pregnancy. If you do decide to seek help through assisted conception, this book will be with you every step of the way, explaining what treatments are available and how to approach them, so that you can come to an informed decision about what is right for you. Professor Adam Balen and Grace Dugdale have decades of experience helping couples on their journey to conception and beyond. Now in this, their first book for a general readership, they explain everything you need to know to understand your own fertility.

Adopting a multicultural approach, this text guides readers in the study of social thinking, social influence, and social relations. It emphasises social psychology's applications to both work and life, and uses vignettes to emphasise the relevance of social psychology research.

Celebrating 10 years of helping hundreds of thousands of women achieve pregnancy, avoid pregnancy naturally, and gain better control of their health and lives, the 10th Anniversary Edition of the classic bestseller will include: •New 'Preface to the 10th Anniversary Edition"

•Updates on new fertility technologies •Natural approaches to conception •Updated Resources and Books For any woman unhappy with her current method of birth control; demoralized by her quest to have a baby; or experiencing confusing symptoms in her cycle, this book provides answers to all these questions, plus amazing insights into a woman's body. Weschler thoroughly explains the empowering Fertility Awareness Method, which in only a couple minutes a day allows a woman to: •Enjoy highly effective, scientifically proven birth control without chemicals or devices •Maximize her chances of conception or expedite fertility treatment by identifying impediments to conception •Increase the likelihood of choosing the gender of her baby •Gain control of her sexual and gynecological health

Citing a rise in such factors as cosmetic surgery, status-related debt and misrepresented Facebook profiles, a cautionary report on the increase of unhealthy ego-related behaviors examines its actual cost to families, organizations and societies. By the author of Generation Me. What to expect. . . the first step. Answers to all your baby-making questions. Are there ways to improve our chances of having a girl (or boy)? Does stress affect fertility? Should we be having sex every day? Every other day? Three times a day? I'm 37. Does that mean I'll have a harder time getting pregnant? How long should we keep trying to conceive before we get some help? What fertility treatments are available—and how will we be able to pay for them? Expecting to expect? Plan ahead. Here's everything you need to know to help prepare for the healthiest possible pregnancy and the healthiest possible baby. Filled with practical tips, empathetic advice, and savvy strategies, all designed to help you get that baby of your dreams on board faster. How to get your body into the best baby-making shape. Which foods feed fertility. Which lifestyle habits to quit and which to cultivate. All about baby-making sex, from timing to positions to logistics—and how to keep it sexy. Figuring out your fertility (and his). When to seek fertility help, and the latest on tests, treatments, and reproductive technology. Expecting to become a dad? This book has you covered, too. Plus, all about the family-building options for single women and same-sex couples.

Easy to read and informative, this book will guide you through the physical and emotional roller coaster of getting pregnant. Based on her professional and personal experience of infertility Dr Emma Gray, a mother of 4 conceived naturally over the age of 35, despite being told she was 'infertile', shares scientifically proven strategies to prepare your mind and body to conceive naturally and quickly. Including comprehensive information on diet, supplements, optimising ovulation and conception, lifestyle, complementary approaches, psychological techniques and dealing with miscarriage, you will be able to get pregnant without needing to read anything else. Dr Emma Gray is a Clinical Psychologist and awarding winning author with 16 years of experience helping people overcome infertility. Her book is written so you can quickly and easily understand what you need to do to get pregnant and feel confident that whatever has happened before, this is possible for you.

An updated edition of a classic guide to preconception advises prospective parents on how to maximize their chances for a healthy conception and pregnancy, providing the latest nutritional and medical recommendations and coverage of current tests. Original. Now an HBO Original Series “You'll love this engrossing novel.” —People Named a Best Book of the Year by LibraryReads, BookBrowse, and Goodreads From the #1 New York Times bestselling author of *Anxious People*, a dazzling and profound novel about a small town with a big dream—and the price required to make it come true. By the lake in Beartown is an old ice rink, and in that ice rink Kevin, Amat, Benji, and the rest of the town's junior ice hockey team are about to compete in the national semi-finals—and they actually have a shot at winning. All the hopes and dreams of this place now rest on the shoulders of a handful of teenage boys. Under that heavy burden, the match becomes the catalyst for a violent act that will leave a young girl traumatized and a town in turmoil. Accusations are made and, like ripples on a pond, they travel through all of Beartown. This is a story about a town and a game, but even more about loyalty, commitment, and the responsibilities of friendship; the people we disappoint even though we love them; and the decisions we make every day that come to define us. In this story of a small forest town, Fredrik Backman has found the entire world.

For courses in Personality Psychology A modern approach to personality that harnesses students' curiosity about themselves and their peers Personality Psychology: Understanding Yourself and Others presents an up-to-date overview of arguably the most interesting and relevant subfield in psychology for today's undergraduate students. Committed to teaching students about personality psychology as well as about life itself, authors Jean Twenge and W. Keith Campbell address students' most pressing questions about friendship, relationships, health, happiness, and more. Designed to appeal to today's students -- who are enmeshed in online networks and fascinated by their own personalities -- Personality Psychology presents theory and research in a fashion that is both engaging and accessible, with plenty of opportunities for students to share their opinions and explore their own experiences. Personality Psychology: Understanding Yourself and Others is also available via REVEL(tm), an interactive learning environment that enables students to read, practice, and study in one continuous experience.

In *The Infertility Cure*, Dr. Lewis outlines her simple guidelines involving diet, herbs, and acupuncture so that you can make use of her experience and expertise to create a nurturing, welcoming environment for a healthy baby. Dr. Randine Lewis offers you a natural way to support your efforts to get pregnant. The *Infertility Cure* addresses: Advanced maternal age Recurrent miscarriage Immunological fertility problems Male-factor infertility Hormonal imbalances and associated conditions Anovulation, luteal phase

defect, amenorrhea, unexplained infertility Endometriosis, polycystic ovaries, tubal obstruction, uterine fibroids Improving the outcome of assisted reproductive techniques The Infertility Cure opens the door to new ideas about treating infertility that will dramatically increase your odds of getting pregnant -- the natural way.

When you've tried everything to get pregnant—from eating the right foods to spending thousands on medical treatments—and nothing's worked, it's hard to stay positive. But this book holds the key to success. The mind-body connection, a vastly under-acknowledged and under-studied area in fertility, has helped many women become pregnant. It can help you, too. Holistic fertility coach A'ndrea Reiter teaches you about the four areas that may be blocking your ability to conceive and offers concrete ways to navigate them. Her mind-body approach focuses on natural methods instead of invasive and expensive fertility procedures.

A'ndrea also provides practical exercises, in-depth case studies, eye-opening information, and expert guidance on understanding the nuances of energy and mindset. Whether you have PCOS, endometriosis, male factor infertility, unexplained infertility, thyroid issues, or are over forty, A'ndrea can show you how to move through it and achieve your dream of motherhood.

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