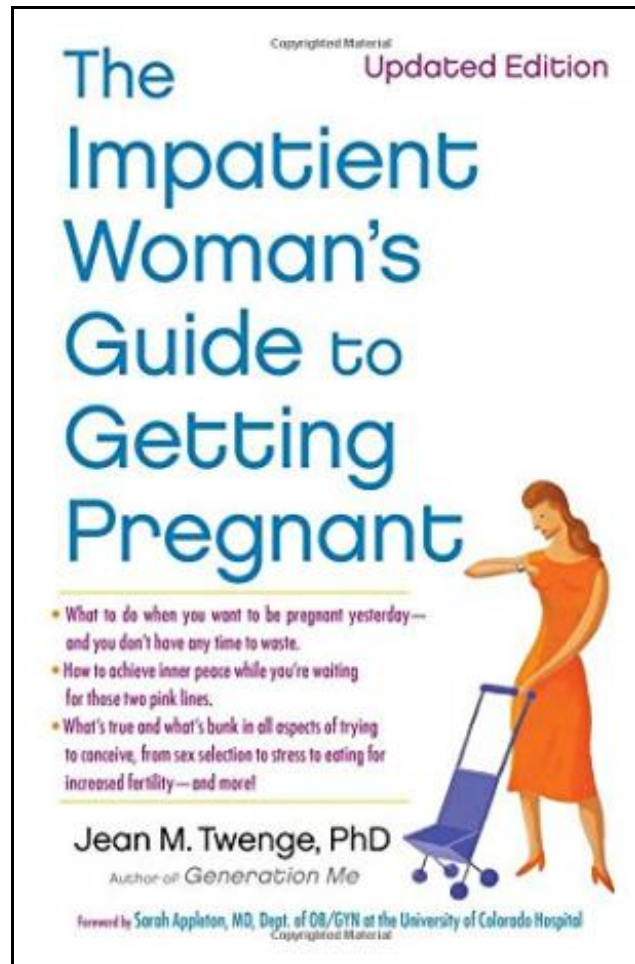


## The Impatient Woman's Guide to Getting Pregnant



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Atria Books. Paperback. Book Condition: New. Paperback. 256 pages. Trying to get pregnant is enough to make any woman impatient. Maybe youve planned your career and are now ready to start a family with the same organized approach. Or youve been trying to get pregnant for a few months. Or perhaps you dont have time to be casual about your fertility. The Impatient Womans 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 whos been through it all. And in fact, Dr. Jean Twenge has been through it allthe 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 informationsometimes contradictory, frequently alarmist, and often discouragingthat 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 youve 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; as well as how to know when youre 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....

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