

[GET] The Impatient Woman's Guide to Getting Pregnant



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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, Dr. Twenge brought her research background to the information 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.

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