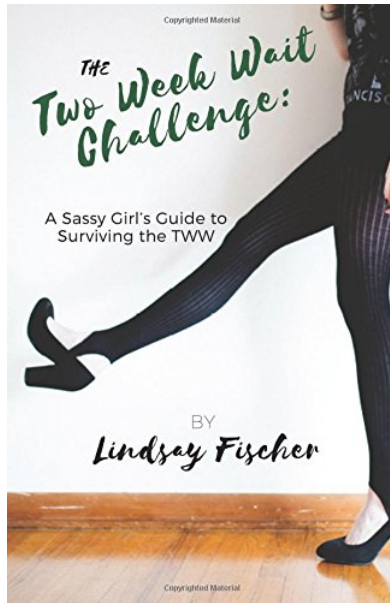


[Free PDF File] The Two Week Wait Challenge: A Sassy Girl's Guide to Surviving the TWW



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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.

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