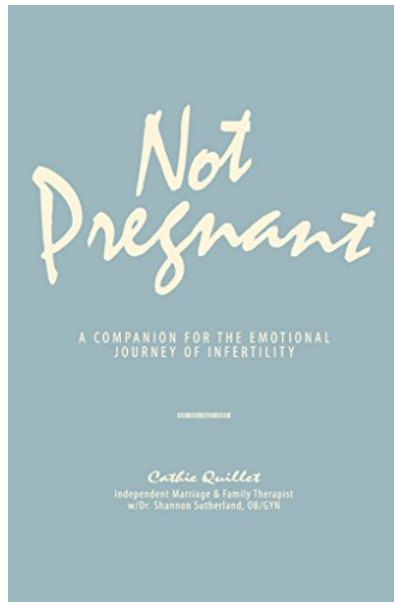


NIEIk [Free PDF File] Not Pregnant: A Companion for the Emotional Journey of Infertility



CONTINUE ►

Maybe you have suffered a miscarriage. Maybe you have been told you cannot have children. Maybe you have followed every bit of advice from every doctor and self-help book, but you still aren't seeing that pink plus sign. Many women face the disheartening struggle of infertility in silence. Between the feelings of shame, the strain on marriages, and the loads of money spent on medicines and failed procedures, they don't want to admit what they often see as a personal flaw: that they cannot bear children. After four miscarriages and years of infertility, Cathie Quillet felt stuck and alone in her negative emotions. In *Not Pregnant*, Quillet offers a place for women who are experiencing infertility to come together, validate their emotions, and let go of their pain. This motivational and comforting book addresses* infertility's effects on sex and marriage,* handling the public's general ignorance about infertility,* miscarriages,* the plethora of emotions experienced,* hormonal changes with fertility medications, and* how to move on with your life. With real stories from women who have been there and an added scientific perspective from ob-gyn Dr. Shannon Sutherland, *Not Pregnant* is the emotional companion you need when it seems like no one else gets it.

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