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# It Starts With The Egg

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**It Starts with the Egg** *Franklin Fox Publishing LLC*

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.

### **It Starts with the Egg**

"How the science of egg quality can help you get pregnant naturally, prevent miscarriage, and improve your odds in IVF."

### **It Starts with the Egg Fertility Cookbook** *Franklin Fox Publishing LLC*

The cookbook companion to the groundbreaking fertility book *It Starts with the Egg*. A wealth of scientific research shows that adopting a Mediterranean diet can help you get pregnant faster and boost success rates in IVF. This book helps you put that research into practice, with over 100 recipes inspired by the Mediterranean

diet, along with answers to all your questions about nutrition and fertility. Recipes include • Smoked Salmon and Leek Frittata • Baked Falafel with Lemon Tahini Dressing • Chicken Souvlaki with Avocado Tzatziki • Pan-Fried Snapper with Salsa Verde • Dairy-Free Chicken Alfredo • Low-Carb Rosemary Flatbread • Blueberry Almond Cake • Pecan Chocolate Chip Blondies

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**It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF**

**Brain Health From Birth** *Franklin Fox*

*Publishing LLC*

Raising a bright and happy child starts during pregnancy and early infancy, when small changes can have a big impact on brain development. By taking advantage of this golden window of opportunity--when millions of new brain cells are formed every single day--you can help support your child's IQ, language development, memory, attention span, and emotional regulation. Importantly, the same strategies that nurture these cognitive abilities can also help reduce the odds of autism and ADHD, conditions that now impact 1 in 10 children. *Brain Health from Birth* is your guide to this new scientific frontier, explaining which key nutrients may be missing from your prenatal supplement, how to reduce the

odds of preterm birth, what to look for in a formula, how to support your baby's microbiome, and much more. With contributions from leading obstetricians and pediatricians, science writer Rebecca Fett (author of the bestselling fertility book *It Starts with the Egg*) brings you practical advice you can start applying today, to help your baby thrive.

**Summary of Rebecca Fett's *It Starts With The Egg*** *Everest Media LLC*

Please note: This is a companion version & not the original book. Sample Book Insights: #1 The first few weeks after fertilization are a major hurdle for embryos, and many stop developing at some point during this time. Only about a third of fertilized embryos survive to become a baby. #2 The most common

type of chromosomal abnormality is the addition of a copy of chromosome 21, which is what causes Down syndrome. However, sometimes a missing chromosome or more complex errors can also occur. An egg with the incorrect number of chromosomes is aneuploid. #3 The impact of chromosomal abnormalities on the chance of conceiving and carrying to term is especially apparent in the IVF context. If this factor is taken out of the equation, the pregnancy rates skyrocket. #4 Chromosomal screening is not a cure-all. It can reveal that none of the embryos created in an IVF cycle are chromosomally normal, which can result in no good embryo available to transfer.

**Get A Life** *Orion*

Richard and Rosie started trying to conceive after five years of being together but, two and a half years and countless prenatal vitamins and ovulation kits later, there hadn't been even a phantom pregnancy. So began their adventure into IVF, via blood tests, sperm tests, injections and probes, becoming involuntary experts on embryology through failure, despair, persistence and success. After 4 years, 3 different clinics, 2 positive pregnancy tests and 1 miscarriage, they finally had a successful pregnancy. GET A LIFE is the perfect down-to-earth guide for anyone thinking of embarking on fertility treatment. It's two books in one, a book of advice for women and a survival guide for men, each chapter mirrored but with very different experience and advice. IVF

is terrifying, awful and extraordinary in equal measures for both partners. GET A LIFE shares Richard and Rosie's ride on the fertility roller coaster, bringing you the funny, emotional and physical sides of IVF. It is an invaluable guide from both perspectives on how to get through the process in one piece.

### **The Egg Quality Diet: A Clinically Proven 100-day Fertility Diet to Balance Hormones, Reduce Inflammation, Improve Egg Quality and Optimize**

The Egg Quality Diet is the culmination of what Aimee Raupp has found, during her two decades of clinical practice, to be the most effective nutritional approach to optimizing fertility. This diet has been proven to work not in a

randomized control trial (RCT) but in real life, on thousands of real women like you. Real women who have been told they have no good eggs left or they are too old or they are in menopause. This diet has been proven in women with high follicle stimulating hormone (FSH), low anti-mullerian hormones (AMH), recurrent pregnancy loss (RPL), multiple failed in-vitro fertilizations (IVF) and intrauterine inseminations (IUI). This diet has been proven in women with endometriosis, miscarriage, poly-cystic ovarian syndrome (PCOS), fibroids, cysts, adenomyosis, asherman's syndrome, premature ovarian failure (POF) and hypothalamic amenorrhea. This diet has helped hundreds of women, even those in their mid to late forties, make healthy babies using their own

eggs. This diet has helped women bring their FSH from above 50 down to 10. This diet has helped women double, even triple their AMH. Even more, this diet has been recommended by multiple reproductive endocrinologists (R.E.) to their clients.

### **Eggs Unscrambled** *Simon and Schuster*

How Do You Like Your Eggs? is the ultimate guide to the groundbreaking technology that has revolutionised the modern woman's life: oocyte cryopreservation, or egg freezing. Agnes Fischer spent her twenties actively avoiding pregnancy, but when she hit her thirties and couldn't conceive, she found out that having a baby wasn't as easy as advertised. With the help of Dr.

Nicole Noyes of the NYU Langone Medical Center, Fischer debunks popular myths about fertility, explains the exciting new technology of egg freezing and arms women with the facts they need to know before it's too late.

**Summary of Rebecca Fett's It Starts With The Egg** *Milkyway Media*

Please note: This is a companion version & not the original book. Book Preview: #1 The first few weeks after fertilization are a major hurdle for embryos, and many stop developing at some point during this time. Only about a third of fertilized embryos survive to become a baby. #2 The most common type of chromosomal abnormality is the addition of a copy of chromosome 21, which is what causes Down syndrome. However,

sometimes a missing chromosome or more complex errors can also occur. An egg with the incorrect number of chromosomes is aneuploid. #3 The impact of chromosomal abnormalities on the chance of conceiving and carrying to term is especially apparent in the IVF context. If this factor is taken out of the equation, the pregnancy rates skyrocket. #4 Chromosomal screening is not a cureall. It can reveal that none of the embryos created in an IVF cycle are chromosomally normal, which can result in no good embryo available to transfer.

**The Keystone Approach** *Franklin Fox Publishing LLC*

Healing Arthritis and Psoriasis by  
Restoring the Microbiome

**First the Egg** *Macmillan*

A picture book about transformations.

**Freezing Fertility** *NYU Press*

Analyzes how the possibility of egg freezing changes what it means to be fertile and to age in the 21st century. Welcomed as liberation and dismissed as exploitation, egg freezing (oocyte cryopreservation) has rapidly become one of the most widely-discussed and influential new reproductive technologies of this century. In *Freezing Fertility*, Lucy van de Wiel takes us inside the world of fertility preservation—with its egg freezing parties, contested age limits, proactive anticipations and equity investments—and shows how the popularization of egg freezing has profound consequences for the way in

which female fertility and reproductive aging are understood, commercialized and politicized. Beyond an individual reproductive choice for people who may want to have children later in life, *Freezing Fertility* explores how the rise of egg freezing also reveals broader cultural, political and economic negotiations about reproductive politics, gender inequities, age normativities and the financialization of healthcare. Van de Wiel investigates these issues by analyzing a wide range of sources—varying from sparkly online platforms to heart-breaking court cases and intimate autobiographical accounts—that are emblematic of each stage of the egg freezing procedure. By following the egg's journey, *Freezing Fertility* examines how contemporary

egg freezing practices both reflect broader social, regulatory and economic power asymmetries and repoliticize fertility and aging in ways that affect the public at large. In doing so, the book explores how the possibility of egg freezing shifts our relation to the beginning and end of life.

**Yes, You Can Get Pregnant** *Demos Medical Publishing*

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.

**What to Do When You Can't Get Pregnant** *Da Capo Lifelong Books*

The complete guide to all the options for couples facing fertility issues, now revised and updated Newsweek praised *What to Do When You Can't Get Pregnant* for guiding readers through "the medical maze" of infertility treatments. In this completely revised and updated edition, world renowned fertility expert Dr. Daniel A. Potter and journalist Jennifer Hanin have revised

their step-by-step guide to walk readers through their best options for conception and birth. Updates include: Advances in natural products for women New supplements, medications, and treatment protocols Advice from leading experts on all areas of infertility treatment The latest in egg freezing, vitrification, gender selection, and genetic testing The future of IVF and reproductive medicine Drawing on the latest science, Potter and Hanin offer sound advice for choosing the right doctor, asking the right questions, and living a healthy, fertile lifestyle. Complete with advice on how to handle the frustrations of not being able to conceive, *What to Do When You Can't Get Pregnant* remains a couple's best guide to making informed decisions

about fertility issues.

**The Story of a Ladybug** *Lerner Publications*™

Engaging photos offer a close-up look at how a tiny egg becomes the recognizable ladybug. Discover each step in the ladybug's lifecycle.

**Fueling Male Fertility** *Independently Published*

An increasing collection of research confirms that men's fertility health is just as important as the women's when couples are trying to conceive. Yet, there are only a small handful of resources supporting men trying to expand their family. Written by award-winning registered dietitian and nutrition expert Lauren Manaker, this guide you will find

specific nutrition and lifestyle interventions that have been shown to improve male fertility parameters in scientific peer-reviewed papers. You will also find the author's personal recommendations for how to implement certain measures. Lastly, you will find a brief outline highlighting certain things you can do to modify your diet and lifestyle according to specific fertility challenges.

### **Occupational Outlook Handbook**

#### **Am I the Reason I'm Not Getting Pregnant?** *Morgan James Publishing*

*Am I the Reason I'm Not Getting Pregnant?* gets women struggling with infertility ready to unleash unshakable confidence and certainty on the road to

motherhood. *Am I the Reason I'm Not Getting Pregnant?* reveals the secret to trading that fear for the unwavering confidence and certainty that women are truly doing everything they can. Rosanne Austin is the coach women around the world turn to when they want success on their fertility journey. In *Am I the Reason I'm Not Getting Pregnant?* Rosanne shares: The genius hack for getting back on the road to fertility success, regardless of age, past "failures," and scary statistics The secret to making fertility decisions like an expert, so women improve their chances of getting pregnant immediately and don't waste time or resources How to create the perfect Bump Squad, so women can finally get the support they really want – even from people they think won't "get"

it What it takes to crush fear, doubt, negativity, and spinning in “what-ifs”, so women don’t wreck their results or set themselves up for soul-searing regret Daily practices that empower women to never have to utter the words, “What should I do,” ever again

### **Everything Egg Freezing**

Are you unsure whether egg freezing is right for you? Or what the process actually involves? Did you know there are things you can do to boost your fertility before treatment? Imagine a dozen of the best fertility doctors and scientists from around the world all here to give you their advice about fertility, plus frank insights from women who've experienced egg freezing firsthand. Engaging and empowering, "Everything

Egg Freezing" educates women about the big fertility questions of this generation. In clear steps that are relevant and practical, it helps women feel more confident in their decision making and more in control of their reproductive health. This book gives actionable advice to optimize fertility, including: How egg freezing works & how effective it is What is considered the "right age" to egg freeze Unbiased tools to determine if egg freezing is right for you How to find the best clinic Comprehensive evidence on what you can do to get "fertility fit" The real power of everything from fertility supplements and fertility tea to fertility testing strips What to expect physically and emotionally throughout treatment: the good, the bad and the side effects The

exact tools to prepare your body for the best outcome and experience This book is for you if you... Are unsure if egg freezing is right for you Are thinking about freezing your eggs Are looking for a clinic and wondering how to pick one Want to learn more about pricing and financing options for egg freezing Want to fully understand the risks and benefits and side effects of egg freezing If you are preparing to egg freeze and want to set yourself up for success If you want to know what to expect If you've already frozen your eggs and you're considering doing it again If you're a doctor, nurse or dietician looking to learn more about fertility and egg freezing In conclusion: Your doctor will manage your clinical care. For everything else you need to know about egg freezing, read on...

**The Better Baby Book** *Turner Publishing Company*

This prenatal guide offers nutrition and environmental advice to reduce toxins in the body and in the home to have a healthier, more intelligent and happier baby that will be less susceptible to allergies, asthma and other issues. Original.

**Making Babies** *Little, Brown Spark*

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.

### **Cracking the Egg Myth**

Do any of these situations apply to you?  
 \*You're over 35 years of age and trying to get pregnant.  
 \*You've been told that you're too old to get pregnant with your own eggs.  
 \*You've had pregnancy losses.  
 \*You're preparing for IVF. Since 2000, natural fertility expert Julie Chang

has helped women over 35 years halt the aging process to get pregnant and stay pregnant with a healthy baby. Julie combines her extensive clinical experience with scientifically supported strategies to provide a holistic approach to improving fertility naturally. In this guide, you will: - Identify behaviors that hurt your fertility unknowingly. - Make better food choices to support the growth of a thriving baby. - Create a healthier lifestyle for improved fertility. In doing so, you'll feel more optimistic and hopeful, knowing that it's not too late for a woman over 35 years and into her 40s to have her own child. You will be empowered to make better choices on your fertility journey, optimizing your chances of success every cycle. "Julie Chang's *Cracking the Egg Myth* is a

unique guide to the way complementary medicine can improve pregnancy outcomes for women in their late 30/early 40's. She offers experienced insight into the combined Eastern/Western approach to infertility." - Arlene J Morales, MD, Medical Director, Fertility Specialists Medical Group (FSMG)

**It Started As an Egg** *Learn-To-Read*

Repetitive, predictable story lines and illustrations that match the text provide maximum support to the emergent reader. Engaging stories promote reading comprehension, and easy and fun activities on the inside back covers extend learning. Great for Reading First, Fluency, Vocabulary, Text Comprehension, and ESL/ELL!

**Mummy Laid an Egg!** *Random House*  
MINI TREASURES: delightful mini picture books to treasure forever. MUMMY LAID AN EGG Mum and Dad decide it's time to tell the kids about the facts of life. But do they dare? And do they really know everything about the birds and the bees?

**Fertility Foods** *Hatherleigh Press*

A complete dietary program for women seeking healthy pregnancy. Created by RDN certified experts, Fertility Foods provides you with powerful nutritional benefits and more than 100 recipes. Struggling with infertility can be one of the most frustrating experiences for women looking to conceive. Rather than juggle multiple prescription medications all while scheduling an endless series of doctors' visits, Fertility Foods helps you

to seek better results—just by changing your diet! As you prepare to enter one of the most significant times in your life, you owe it to yourself and your future children to make sure that your body has absolutely everything it needs, at the proper times and in the proper quantities. *Fertility Foods* includes:

- Over 100 nutritious, satisfying dishes to boost your fertility
- Dietary breakdowns to help you understand what will help your body conceive, and why
- Tips on managing stress and other lifestyle factors
- Heartfelt support and guidance from women who have struggled with infertility
- A how-to guide on putting together a healthy kitchen

*Fertility Foods* is more than just a diet plan or cookbook. It's a companion, a constant support providing you with the

information you need to ensure you receive proper nutrition before conception.

### **The Roommate** *Penguin*

"Warmly funny and gorgeously sexy."—New York Times Book Review  
 A LibraryReads Pick  
 House Rules: Do your own dishes  
 Knock before entering the bathroom  
 Never look up your roommate online  
 The Wheatons are infamous among the east coast elite for their lack of impulse control, except for their daughter Clara. She's the consummate socialite: over-achieving, well-mannered, predictable. But every Wheaton has their weakness. When Clara's childhood crush invites her to move cross-country, the offer is too tempting to resist. Unfortunately, it's also too good to be

true. After a bait-and-switch, Clara finds herself sharing a lease with a charming stranger. Josh might be a bit too perceptive—not to mention handsome—for comfort, but there’s a good chance he and Clara could have survived sharing a summer sublet if she hadn’t looked him up on the Internet... Once she learns how Josh has made a name for himself, Clara realizes living with him might make her the Wheaton’s most scandalous story yet. His professional prowess inspires her to take tackling the stigma against female desire into her own hands. They may not agree on much, but Josh and Clara both believe women deserve better sex. What they decide to do about it will change both of their lives, and if they’re lucky, they’ll help everyone else get lucky too.

**The Impatient Woman's Guide to Getting Pregnant** *Simon and Schuster*

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.

### **Pathways to Pregnancy** *LifeTree Media*

Pathways to Pregnancy is a collection of wide-ranging and relatable stories, shared by an expert who also knows

first-hand the pain and joy of the fertility journey from her own experience. Instructional and inspirational to anyone going through it or seeking to understand it deeply and in all its variations, these are real stories of hope and humor — and some practical advice that is often overlooked but easy to incorporate into your life. These stories about real women, related by Mary Wong with both compassion and authority, retain many of the subjects' own words and particular perspectives. Through their stories, Mary explains the central principles of fertility treatment by both Traditional Chinese Medicine practitioners and Western doctors. Each story focuses on a set of archetypal challenges or life situations found in patients seeking fertility treatment. In

this way, the book serves as a comprehensive examination of the spectrum of infertility experience, expressed through the lens of highly personal anecdotes and intimate experiences.

### **Molecular Biology of the Cell**

**The Fertility Diet: Groundbreaking Research Reveals Natural Ways to Boost Ovulation and Improve Your Chances of Getting Pregnant** *McGraw Hill Professional*

The first fertility-boosting guide to feature the cutting-edge research results on fertility from the Nurses' Health Study. More than 6 million women in the United States alone experience infertility problems. User-friendly, medically

approved advice clearly explained in 10 nutritional guidelines from two of Harvard Medical School's top voices in nutrition

**Awakening the Seed** *Christopher M. Axelrad*

Awakening The Seed is a powerful yet simple self-care process based on over 14 years of the author's real-world clinical experience helping over 2200 women and couples labeled as "infertile" - many of whom were told they had little to no chance - to conceive and give birth to healthy, beautiful babies.

**The Smitten Kitchen Cookbook** *Knopf*  
 NEW YORK TIMES BEST SELLER •  
 Celebrated food blogger and best-selling  
 cookbook author Deb Perelman knows

just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. "Innovative, creative, and effortlessly funny." —Cooking Light Deb Perelman loves to cook. She isn't a chef or a restaurant owner—she's never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You'll get more than three million results. Where do you start? What if you pick a recipe that's

downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, *The Smitten Kitchen Cookbook* is all about approachable, uncompromised home cooking. Here you'll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you'll bookmark and use so often they become your own, recipes you'll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield

amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion.

### **My Fertility Book**

"When it comes to the subject of fertility and infertility, and the weight that this delicate, complex, and sensitive journey bears, it's most important to have the right information quickly."--Synopsis.

**The Talking Eggs** *Penguin*

The author of such delights as *The Christmas Ark* and *The Enchanted Tapestry* joins forces with illustrator Pinkney to resurrect a colorful folktale that captures the unique flavor of the American South. A 1989 Caldecott Honor Book.

**Is Your Body Baby-Friendly?** *Ajr Pub Llc*

According to this reference from a leading authority who has worked with more than 7,000 couples, women who have experienced difficulty conceiving or multiple miscarriages may be suffering from treatable dysfunctions of their immune systems. Providing details that are both technical and accessible, this book explains how chemical therapy can temporarily regulate immune responses

that might otherwise unleash natural killer cells. Sections cover the most common and adverse immune problems, including tissue compatibility, blood clotting defects, and antibodies that fight sperm, fetal cells, hormones, and neurotransmitters, and also outline clinical protocol for comprehensive immune testing. The discussion incorporates the author's own dramatic account of his clinical breakthroughs, the rejection of his ideas by mainstream medical practitioners, and his research showing that failed in vitro fertilization (IVF), infertility, and repeated miscarriages are often the result of abnormal immune reactions.

**Conceivability** *Simon & Schuster*

The “Jason Bourne of fertility” (The New

York Times Book Review) presents a personal and deeply informative account of one woman's journey through the global fertility industry. On paper, conception may seem like a simple biological process, yet this is often hardly the case. While many would like to have children, the road toward conceiving and maintaining a pregnancy can be unexpectedly rocky and winding. Lawyer Elizabeth Katkin never imagined her quest for children would ultimately involve seven miscarriages, eight fresh IVF cycles, two frozen IVF attempts, five natural pregnancies, four IVF pregnancies, ten doctors, six countries, two potential surrogates, nine years, and roughly \$200,000. Despite her three Ivy League degrees and wealth of resources, Katkin found she was woefully

undereducated when it came to understanding and confronting her own difficulties having children. After being told by four doctors she should give up, but without an explanation as to what exactly was going wrong with her body, Katkin decided to look for answers herself. The global investigation that followed revealed that approaches to the fertility process taken in many foreign countries are vastly different than those in the US and UK. In *Conceivability*, Elizabeth Katkin, now a mother of two, exposes eye-opening information about the medical, financial, legal, scientific, emotional, and ethical issues at stake. "A well-researched, informative, and positive account of a very long journey to motherhood" (Kirkus Reviews), *Conceivability* sheds light on the often

murky and baffling world of conception science. Her book is an invaluable and inspiring text that will be a boon to others navigating the deep and “choppy waters” of fertility treatment (Publishers Weekly), and her chronicle of one of the most difficult, painful, rewarding, and loving journeys a woman can take is as informative as it is poignant.

**IVF Got This** *Book Guild Publishing*

When people think of birth and motherhood, the process seems pretty straight forward; However, for Colette Centeno Fox, her journey to motherhood was not as straight forward as everyone thought it would be... IVF Got This is a heartfelt memoir charting Colette and her husband Michael's fertility journey. Experiencing infertility is a painful

challenge, and yet the impacts are rarely discussed in the open. Like many suffering with similar anxieties, Colette was afraid of missing out on her dream of becoming a mum. She details her emotional journey, through suffering traumatic baby losses, monthly setbacks and frustrating waiting times whilst coping with the ongoing confusion of how to relate this to the people around her. The book is a refreshingly honest and intimate account of the IVF process, one, which offers practical insight into the often arduous but remarkable journey which fertility treatment can offer.

**Principles of IVF Laboratory Practice**

*Cambridge University Press*

An easy to read, practical description of

the human IVF laboratory, from laboratory start-up and training to complex, specialized procedures.