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Fertility is one of the major health and wellbeing issues for modern women, and Emma Cannon's Total Fertility offers clear, warm and supportive advice to help you on your own unique fertility journey. This book will help you get pregnant now, whether you are going for natural or assisted conception, and also focus on fertility preservation to help you stay fertile longer so you can get pregnant in the future.

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Reducing stress and approaching fertility with a calm and positive attitude is central to her approach to getting pregnant, so Emma also helps you develop a 'fertile mindset' with a toolbox of simple suggestions to cultivate emotional wellness for your particular fertility 'type'. Written in Emma's trademark optimistic, warm and non-judgmental tone, Total Fertility is a book for anyone who is thinking - or has ever thought of - getting pregnant.

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Emma Cannon's Total Fertility: Amazon.co.uk: Cannon, Emma ...

Emma Cannon is a fertility and women’s health expert. She is a registered fertility acupuncturist, founder of the Emma Cannon Clinic, and a mentor and speaker. With 25 years in clinical practice in Fertility Acupuncture, IVF support and Women's consultations from her fertility rooms in London, UK, she has helped countless patients achieve their dream of having a family.

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Emma Cannon is a fertility and women’s health expert, registered acupuncturist, founder of the Emma Cannon Clinic, and a mentor and speaker. With over 25 years in clinical practice, from her fertility rooms she has helped countless patients achieve their dream of having a family.

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Synopsis. Fertility is one of the major health and wellbeing issues for modern women, and Emma Cannon's Total Fertility offers clear, warm and supportive advice to help you on your own unique fertility journey. This book will help you get pregnant now, whether you are going for natural or

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