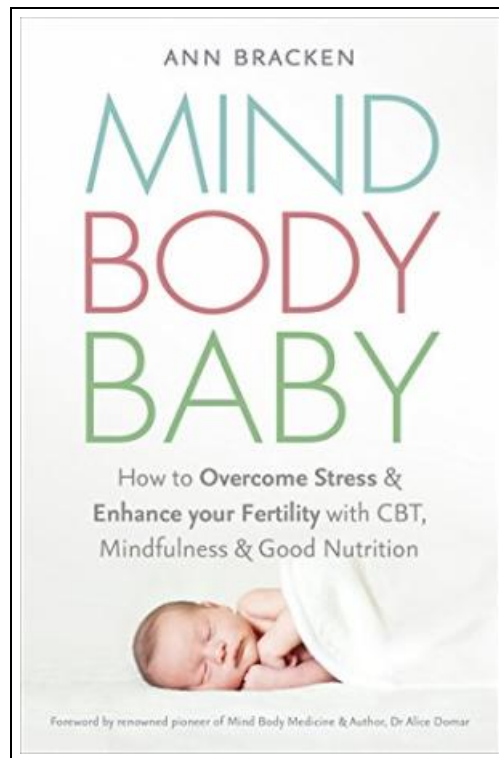


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Hodder Stoughton General Division, United Kingdom, 2016. Paperback. Book Condition: New. 231 x 164 mm. Language: English . Brand New Book. Hospital visits, calendar watching, disheartening test results and scheduled sex can make trying for a baby a stressful experience, and the strain it puts on couples and individuals struggling with infertility can impact hugely on the likelihood of successful conception. With an approach that puts wellbeing at the heart of fertility, this easy-to-follow guide by top fertility specialist Ann Bracken offers a proven successful alternative to formal counselling. Her comprehensive and supportive book gives help and guidance on how to enhance and improve the outcome. With a focus on mindfulness-based stress reduction techniques, which have been scientifically proven to help overcome the stress and anxiety associated with fertility problems, the author examines the emotional issues around fertility and conception and offers step-by-step exercises to help readers improve their chances of conceiving. With a whole chapter on nutrition by renowned nutritionist Dr Marilyn Glenville, the integrated mind/body approach in this book offers a plan for the best possible chance of getting pregnant. Offering the perfect blend of emotional support and practical advice on lifestyle changes for infertility this is a must-have book for every couple hoping to get pregnant, written by an expert author with years of experience as a Fertility Counsellor and Mindfulness-Based Therapist. After 20 years of supporting fertility patients I am convinced that an integrated mind-body approach delivers the best outcome. Ann Bracken has a practical and compassionate approach, as demonstrated in her brilliant new book. It is a much-needed antidote to the all-too-often stressful and soul-searching path to parenthood. I will be recommending it to my fertility patients Emma Cannon, integrated fertility and pregnancy expert, acupuncturist and author of The Baby-Making Bible All too often the...



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