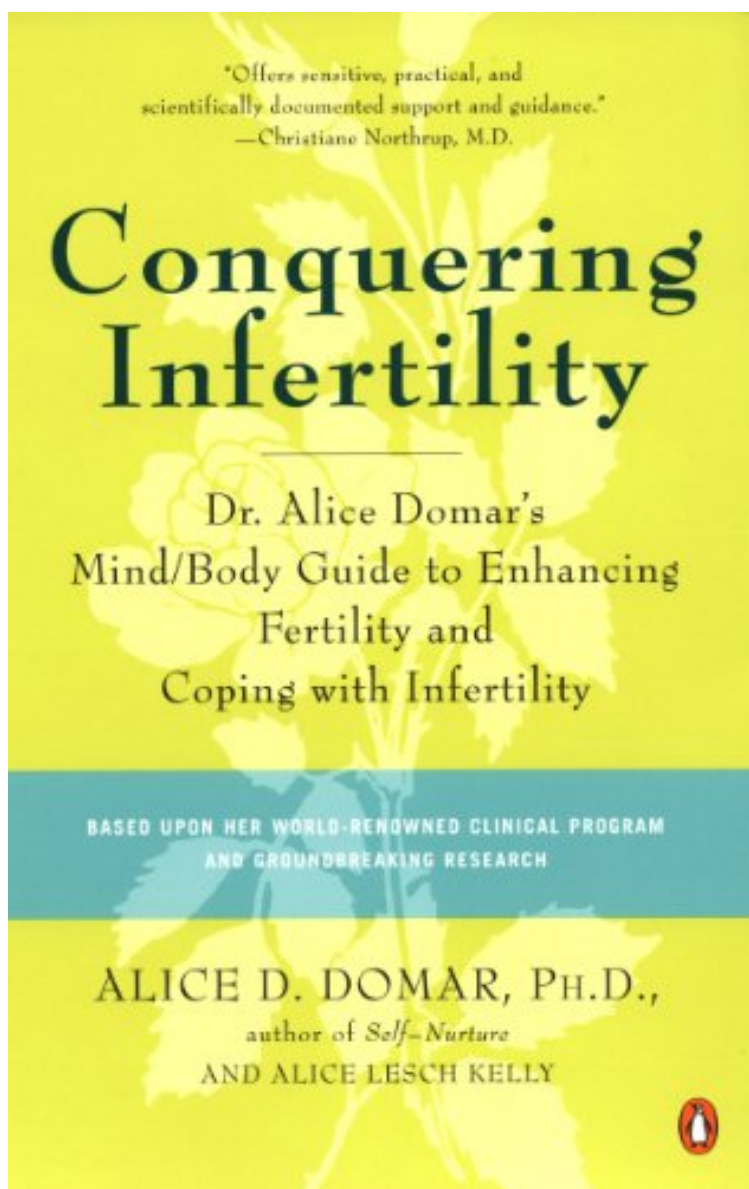


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# Conquering Infertility: Dr. Alice Domar's Mind/Body Guide to Enhancing Fertility and Coping with Infertility



Par Alice D. Domar, Alice Lesch Kelly  
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**Description :** Description du produit Infertility is a heartbreaking condition that affects nine million American couples each year. It causes tremendous stress, can trigger debilitating sadness and depression, and can tear a marriage to shreds. In Conquering Infertility, Harvard psychologist Alice Domarwhom Vogue calls the "Fertility Goddess"provides infertile couples with what they need most: stress relief, support, and hope. Using the innovative mind/body techniques she has perfected at her clinic, Domar helps infertile

women not only regain control over their lives but also boost their chances of becoming pregnant. With *Conquering Infertility*, women learn how to cope with infertility in a much more positive way and to carve a path toward a rich, full, happy life.

Infertility is a heartbreaking condition that affects nine million American couples each year. It causes tremendous stress, can trigger debilitating sadness and depression, and can tear a marriage to shreds. In *Conquering Infertility*, Harvard psychologist Alice Domar whom Vogue calls the Fertility Goddess provides infertile couples with what they need most: stress relief, support, and hope. Using the innovative mind/body techniques she has perfected at her clinic, Domar helps infertile women not only regain control over their lives but also boost their chances of becoming pregnant. With *Conquering Infertility*, women learn how to cope with infertility in a much more positive way and to carve a path toward a rich, full, happy life. From Publishers Weekly Focusing on a topic the author covered more briefly in *Healing Mind, Healthy Women*, Domar, an assistant professor of medicine at Harvard, with freelance writer Kelly, provides here a well-written and supportive self-help manual for women who have been unable to sustain a pregnancy. The stresses that accompany infertility can impact negatively on a woman's relationship with her husband, family members, friends and colleagues. Domar strongly recommends and fully describes such relaxation techniques as yoga, meditation, journal writing and guided imagery as useful ways to cope with infertility treatments, feelings of failure, and obsessive envy of women who are mothers. She also details how to overcome sexual and emotional tensions that spring up between married couples around this issue. Drawing on case studies and recent research indicating that the depression resulting from infertility can actually hinder attempts to become pregnant, the author advocates a positive approach based on self-nurturing that will improve an infertile woman's outlook on life. Domar also discusses when it may be time to abandon expensive and painful infertility treatments and, depending on the individuals involved, explore using donor eggs or sperm, pursue adoption or come to a decision to remain childless. Copyright 2002 Reed Business Information, Inc. From *Library Journal* Domar (medicine, Harvard Medical Sch.), founder and director of the Mind/Body Program for Infertility, and health writer Kelly here present findings and case histories that have resulted from Domar's research and clinical work. The authors point out that infertility can lead to feelings of depression, isolation, anger, and hostility, as well as such stress-related symptoms as headaches and insomnia. Seeking to restore a sense of joy, hope, and well-being to couples suffering from this condition, they offer practical coping strategies, illustrated with case histories, for dealing with these negative feelings. They also explore options when treatment fails and outline financial and medical issues. Unlike many other infertility books that focus on medical treatments, this work emphasizes mind-body techniques and helping couples resolve such emotional and lifestyle issues as managing a career, dealing with friends and family members who become pregnant, and making peace with oneself when infertility treatments fail. For larger consumer health collections. Jodith Janes, Cleveland Clinic Fdn. Lib. Copyright 2002 Reed Business Information, Inc.