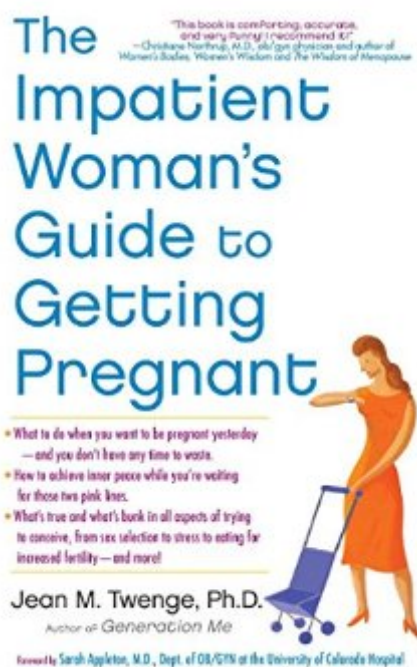


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# The Impatient Woman's Guide To Getting Pregnant



## Synopsis

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.

## Book Information

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## Customer Reviews

This book is wonderful: not only an excellent read, it is informative, practical and comforting. I am the impatient woman this book describes - although very philosophical, relaxed and healthy, I don't want to mess around with "seeing how things go". I have become very tired of reading material, both in books and on-line, which seems to perpetuate what I can only describe as false myths. There are next to no books of this kind written by academics who can pull together scientific facts to portray a real (and comforting) picture of how to get pregnant. The book debunks some very common myths by presenting facts from scientific studies in an easy-to-understand format. I had just got to grips with OPKs and basal charts, when I got hold of this book. I have read and re-read it a number of times in my TTC journey. It's to-the-point, detailed, scientifically backed up and most of all, just comforting. I cannot reiterate how reassuring it is to read a book written by someone who has been on this TTC journey and someone who understands the science behind getting pregnant - it is even more reassuring to know things aren't as doomy-and-gloomy if you're over 30, as society would lead us to believe. My doctor doesn't seem to want to hear from me until things turn positive and I am rather tired of my family and friends saying "relax, it'll happen". This book is like hearing the voice of a friend (with the bonus that the friend is a Professor who knows what she's talking about!). Although, sometimes I do wish the book could speak back to me! The book has a humorous tone, which helps to put things into perspective. I have learnt that the journey towards getting pregnant is full of fun, hope and sometimes disappointment. No other book has done as much to help me understand my body and above all, keep the journey in perspective. I thoroughly recommend it.

I hate to admit I bought at least a half dozen other books on pre-conception when my husband and I started thinking about starting a family. I am a real planner/researcher by nature and couldn't help myself from wanting to read everything ever written about pregnancy prep in the year or so before I was ready to actually start trying. Well, let me save you some time and money: just get this book and read it cover to cover! That's all you need! If you're an over-achiever (or just like knowledge, like

me) you should also get *Taking Charge of Your Fertility* by Toni Weschler, and then you'll really be armed with tons of information. I honestly think TCOYF should be standard issue to every girl on her 18th birthday--I aced high school anatomy and college biology, and dutifully went to yearly OB-GYN check-ups for twenty years, and yet I learned SO MUCH about my own body that was somehow new to me at age 35, just by reading TCOYF. But, back to this book, *The Impatient Woman's Guide to Getting Pregnant*--thanks to the awesome information and tips in this book, and the knowledge I gained about my cycles through charting and using a fertility monitor, we conceived within two cycles once we started trying--and I'm over 35 and had some issues I was worried would lead to problems conceiving! I tell all my friends who are thinking about trying to conceive to get this book, a basal body temperature thermometer and the Clearblue Fertility Monitor and they'll be ready to go. I wish this author would turn her talents and humor to a book on pregnancy or parenting--I so appreciated her data-driven yet entertaining approach to this topic. That said, once you ARE pregnant (thanks to this book) I recommend you check out Emily Oster's book *Expecting Better*, which is the closest thing I've found to this book on the topic of pregnancy.

I'd recommend ordering the "Taking Charge of your Fertility" book over this one. I read the "Taking Charge" book when I was trying to get pregnant with baby number one. I got pregnant after three months. When it took a little longer with baby number two and I had already re-read it, I ordered this book hoping it might have some other helpful tips for getting pregnant quickly. It refers to the "Taking Charge" book and provides other pretty basic tips that you could find online with a simple google search. Sorry... I just didn't find it that informative.

I am so glad I purchased this book! While it doesn't quite go deep enough for this to be the only book I reference for pregnancy/diet/ovulation timing, it has enough of everything that I know I'll be re-reading it again before my husband and I start trying for a baby. I love that the author backed up all of her recommendations with actual research, both what is known and what is still unclear. Not only that, she cites her sources, which I find invaluable. I am troubled by all the books dispensing medical advice with no studies or evidence to support their assumptions. My favorite part of this book, however, is the author's tone and focus on information that is helpful instead of scary. I looked at the book "Getting Pregnant" in a bookstore recently and decided against it after seeing pages and pages of diseases I don't have and how they'll affect your chances of getting pregnant. Those books scare me. This book was funny, warm, accessible, and came to the table with reassurance that, most likely, you can get pregnant, and if you can't, there are ways medicine can help. I love that the

author talked about the emotional impact of trying to conceive and how to deal with anxiety and uncertainty during this time. I wish there were more books like this for moms-to-be like me who like to do their research but don't want to be flooded with everything that can go wrong. This is a book I'd give to my best friend so we could talk about it over wine.

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