

A NEW NARRING'S SELF-HELP WORKBOOK

the infertility workbook

A Mind-Body
Program to
Enhance Fertility,
Reduce Stress,
and Maintain
Emotional
Balance



A proven-effective program to help you
• Manage your fears
• Communicate with your partner
• Use powerful strategies to expand fertility

Barbara Blitzer, LCSW-C, MEd
Foreword by Rafiq A. Abbas, MD, FACOG

(The Infertility Workbook: A Mind-Body Program to Enhance Fertility, Reduce Stress, and Maintain Emotional Balance) By Blitzer, Barbara (Author) paperback on (10 , 2011)

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Barbara Blitzer

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The Infertility Workbook presents a breakthrough mind-body program for helping couples with infertility issues improve their chances of conception. Readers learn stress reduction skills and techniques that research has shown improve fertility rates. The Infertility Workbook is based on a program incorporating stress reduction techniques, imagery exercises, and communication and listening skills that were researched at Harvard University and are proven to increase pregnancy rates. Each chapter addresses a stage in the conception process, and the easy-to-use workbook format helps readers chart their progress. Created specifically for women, this program addresses both practical and personal lifestyle factors that may be affecting readers' fertility and offers guidance for enhancing fertility that readers can implement in the comfort and privacy of their homes.

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