

Infertility: The Two Week Wait & Infertility Books



INFERTILITY: The Two Week Wait (Infertility Books)

by Lisa Charlebois

★★★★★ 5 out of 5

Language : English
File size : 145 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 19 pages



Infertility is a common problem, affecting about 1 in 8 couples. It can be a difficult and emotional journey, and the two week wait after ovulation can be especially challenging.

The two week wait is the time between ovulation and when you expect your period to start. During this time, you may experience a variety of symptoms, including:

* Breast tenderness * Bloating * Fatigue * Mood swings * Nausea

These symptoms can be caused by the hormonal changes that occur during the two week wait. They can also be caused by anxiety about whether or not you are pregnant.

It is important to remember that not all women experience symptoms during the two week wait. And, even if you do experience symptoms, they do not necessarily mean that you are pregnant. The only way to know for sure if you are pregnant is to take a pregnancy test.

If you are struggling with infertility, it is important to seek support. There are many resources available, including support groups, online forums, and counselors. You may also find it helpful to read books about infertility.

Here are some recommended books for those struggling with infertility:

* ****The Infertility Cure**** by Randine Lewis * ****Taking Charge of Your Fertility**** by Toni Weschler * ****The Fertility Handbook**** by Liz Tajiri * ****The Two-Week Wait**** by Wendy Cooper * ****Your Guide to Getting Pregnant**** by The American Pregnancy Association

These books can provide you with information about infertility, treatment options, and coping mechanisms. They can also help you to feel less alone and more supported.

If you are struggling with infertility, it is important to remember that you are not alone. There are many resources available to help you on your journey. With patience and support, you can overcome infertility and achieve your dream of having a family.



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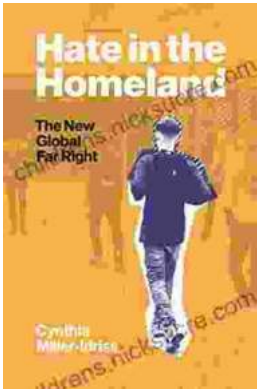
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