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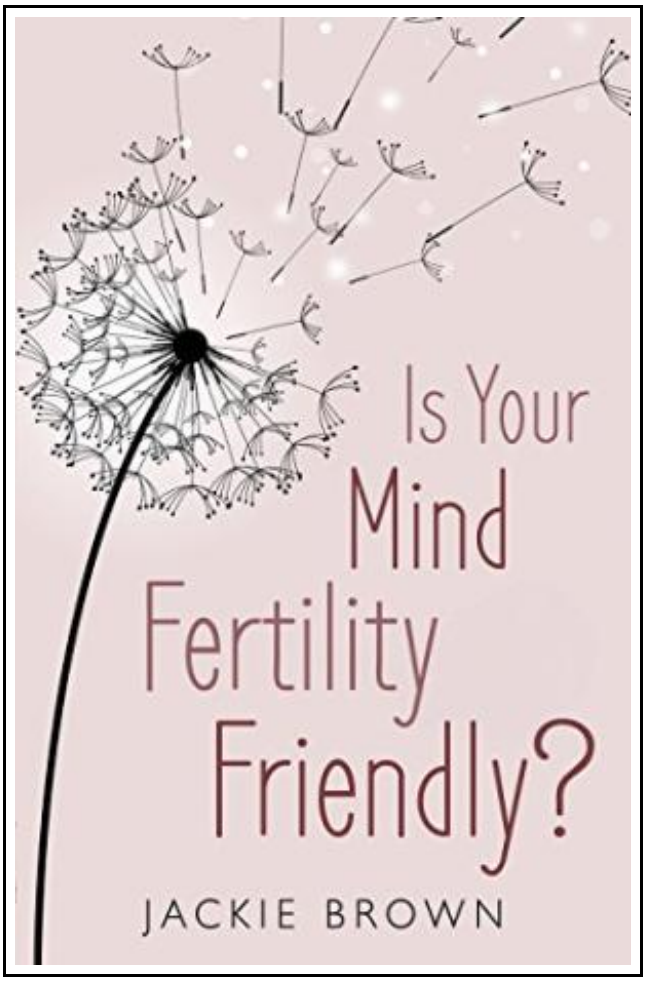

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Troubador Publishing. Paperback. Book Condition: new. BRAND NEW, Is Your Mind Fertility-Friendly?: Don't Let Your Emotions Hijack Your Fertility., Jackie Brown, Fertility problems are one of the fastest growing areas of medicine, with failure to conceive causing immense pain and suffering for those looking to get pregnant. Due to increased media hype, many women are entering their thirties terrified that they will struggle to get pregnant. For many women, anxiety about fertility and their ticking body clock starts long before they get pregnant. Is Your Mind Fertility-Friendly? aims to help busy women become aware of the impact stress and negative emotions can have on the body, including the detrimental effects they can have on your fertility. Fertility expert Jackie Brown provides women with the essential information they need to overcome their stress and create the perfect environment to increase fertility. Although many women do not feel particularly stressed, emotions such as worry, anxiety, fear and anger can still evoke the stress response that can interfere with fertility. This book will educate and offer self-help techniques to enable women to take back control of their fertility. Inspired by books such as The Secret by Rhonda Byrne and Conquering Infertility by Dr. Alice Domar, this book is an essential read for those looking to understand fertility.

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