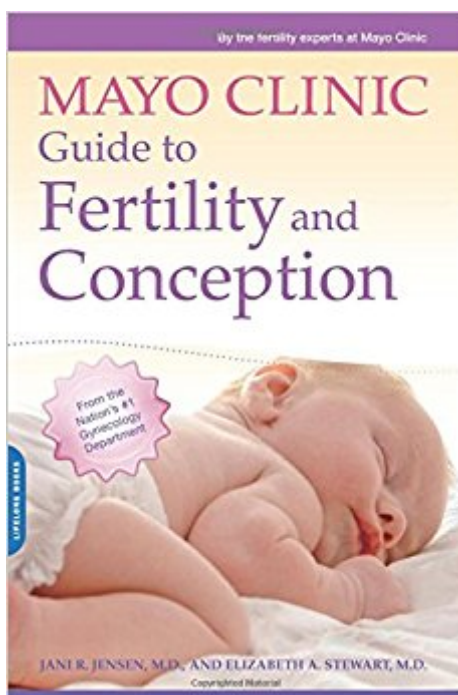


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# Mayo Clinic Guide To Fertility And Conception



## Synopsis

Deciding to start or build a family is a life-changing decision, and, once the choice is made, there's a whole new set of unknowns—including how challenging the journey will be. For the first time, fertility experts at Mayo Clinic offer an essential guide for those who want to have a baby. With color photographs and graphics throughout, this user-friendly yet comprehensive book provides answers and explanations on nearly every aspect of achieving a successful pregnancy: lifestyle and nutrition; the intricacies of natural conception; common fertility problems; the latest medical treatments (including intrauterine insemination, IVF, and donors); and information on special situations (including fertility preservation, chosen single parenthood, same-sex couples, and more).

## Book Information

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## Customer Reviews

Jani R. Jensen, M.D., is a Mayo specialist in the division of Reproductive Endocrinology and Infertility and director of the In Vitro Fertilization Program at Mayo Clinic. Elizabeth A. Stewart, M.D., is the chair of Mayo's division of Reproductive Endocrinology and Infertility.

Definitely worth a read and easy to understand! Very helpful

Easy, quick read! Great advice and knowledge.

Great product!

excellent

This book is an excellent resource for women who are trying to become pregnant. It explains everything in a calm, easy-to-understand manner. Unlike most websites that deal with fertility, this book does not resort to fear mongering, but rather explores fertility and fertility challenges in a rational manner. Reading this made me feel comforted, rather than panicked, because let's face it -- most of us are neurotic and worry about fertility issues as soon as we decide we want to become pregnant. If you're looking for an explanation on how conception works, what to do to maximize your chances, where you stand demographically, and how to approach common fertility problems, look no further.

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