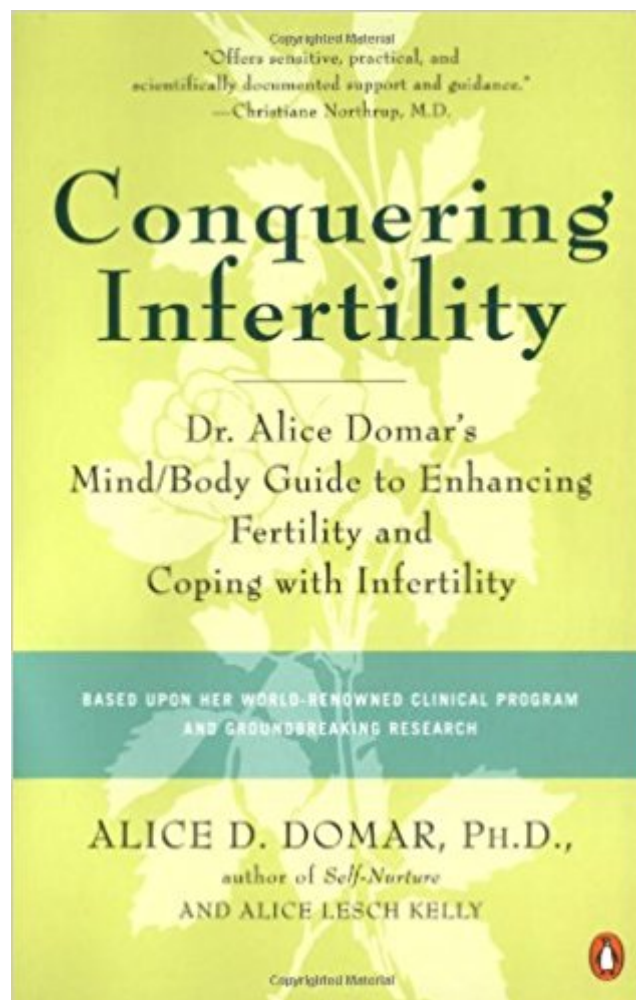




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# Conquering Infertility: Dr. Alice Domar's Mind/Body Guide To Enhancing Fertility And Coping With Inferti Lity



## Synopsis

Infertility is a heartbreaking condition that affects nine million American couples each year. It causes tremendous stress, can trigger debilitating sadness and depression, and can tear a marriage to shreds. In *Conquering Infertility*, Harvard psychologist Alice Domar—who Vogue calls the “Fertility Goddess”—provides infertile couples with what they need most: stress relief, support, and hope. Using the innovative mind/body techniques she has perfected at her clinic, Domar helps infertile women not only regain control over their lives but also boost their chances of becoming pregnant. With *Conquering Infertility*, women learn how to cope with infertility in a much more positive way and to carve a path toward a rich, full, happy life.

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## Customer Reviews

Focusing on a topic the author covered more briefly in *Healing Mind, Healthy Women*, Domar, an assistant professor of medicine at Harvard, with freelance writer Kelly, provides here a well-written and supportive self-help manual for women who have been unable to sustain a pregnancy. The stresses that accompany infertility can impact negatively on a woman's relationship with her husband, family members, friends and colleagues. Domar strongly recommends and fully describes such relaxation techniques as yoga, meditation, journal writing and guided imagery as useful ways to cope with infertility treatments, feelings of failure, and obsessive envy of women who are mothers. She also details how to overcome sexual and emotional tensions that spring up between married couples around this issue. Drawing on case studies and recent research indicating that the

depression resulting from infertility can actually hinder attempts to become pregnant, the author advocates a positive approach based on self-nurturing that will improve an infertile woman's outlook on life. Domar also discusses when it may be time to abandon expensive and painful infertility treatments and, depending on the individuals involved, explore using donor eggs or sperm, pursue adoption or come to a decision to remain childless. Copyright 2002 Reed Business Information, Inc.

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Domar (medicine, Harvard Medical Sch.), founder and director of the Mind/Body Program for Infertility, and health writer Kelly here present findings and case histories that have resulted from Domar's research and clinical work. The authors point out that infertility can lead to feelings of depression, isolation, anger, and hostility, as well as such stress-related symptoms as headaches and insomnia. Seeking to restore a sense of joy, hope, and well-being to couples suffering from this condition, they offer practical coping strategies, illustrated with case histories, for dealing with these negative feelings. They also explore options when treatment fails and outline financial and medical issues. Unlike many other infertility books that focus on medical treatments, this work emphasizes mind-body techniques and helping couples resolve such emotional and lifestyle issues as managing a career, dealing with friends and family members who become pregnant, and making peace with oneself when infertility treatments fail. For larger consumer health collections. Judith Janes, Cleveland Clinic Fdn. Lib. Copyright 2002 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

I cannot recommend this book enough. It teaches coping mechanisms for dealing with the super intense feelings associated with infertility. I wish I had found it sooner! Alice walks you through different approaches to dealing with your feelings including cognitive restructuring, how to deal with others, how to deal with your spouse, and breathing/relaxation exercises. There's even a chapter about knowing when "enough is enough" treatment and alternative ways to build a family. I continuously came back to this book while trying to get pregnant, after an early miscarriage, and while struggling with difficult feelings during a healthy and ultimately successful pregnancy. I let this book teach me how to have healthy boundaries with insensitive family members with regards to fertility matters. On one page Alice even says she gives you permission to skip any baby showers you are invited to if you think it's going to be too much for you to handle emotionally. This was music to my infertile ears! I just needed someone to tell me it was ok to feel the way I was feeling. This book validated every one of my feelings about being infertile.

I just received this book last Saturday and I started reading it immediately. I wish I would have gotten this book much sooner as I have been struggling with infertility for 2.5 years now. The information that I have read in this book so far is already helping me. I have been putting the techniques to use and working on my Breath Focus to help me when I start to get stressed out. I plan to try the meditation as well in the near future. Dr. Alice Domar is a very wonderful, caring doctor from what I have gathered and I think this is one of the best books I have read on infertility. I find it to be much more helpful and practical than some of the books I have read in the past. I would definitely recommend anyone who is struggling with infertility to purchase this book, whether you think you need it or not! Trust me, this book is useful for someone just learning they have infertility, to someone who has been struggling with it for over 10 years, etc.

This is a really good book for those of us who feel alone in our fertility journey. It isn't a prescription to get pregnant--but it has some pretty darn useful coping skills inside that can be used for just about any unwanted circumstance. This is what the back cover says: Infertility is a heartbreaking condition that affects nine million American couples each year. It causes tremendous stress, it can trigger debilitating sadness and depression, and it can tear a marriage to shreds. In *Conquering Infertility*, Harvard psychologist Alice Domar--whom *Vogue* calls the "Fertility Goddess"--provides infertile couples with what they need most: stress relief, support, and hope. Using the innovative mind/body techniques she has perfected at her clinic, Domar helps infertile women not only regain control over their lives but also boost their chances of becoming pregnant. With Alice Domar's renowned program, women learn how to cope with infertility in a much more positive way and to carve a path toward a rich, full, happy life. Benefit from wise, comforting words on: \*Sustaining a Career during Infertility\* Coping when friends and family members become pregnant \*Navigating the medical maze\* Other options when treatment fails. My responses through out the entire book thus far has been: "Wow, I thought I was the only one who felt this way." "I'm not as crazy as I thought I was." "What I am feeling is perfectly normal." Dr. Domar sums it up best when she says: "You will be happy again. Life will become joyful again. And somehow, some way if you want to become a parent, you will."

Really helpful and relatable. There is something to be said about reading your thoughts and experience in another persons words. One of the only books I've found that so clearly outlines the psychological and emotional effects of infertility, then outlines tangible interventions to cope. I had

my husband read it too and he had a similar experience. Highly recommend.

This the the top book that I recommend to friends, family and acquaintances navigating the emotional landscape of infertility. It's the only book that I am aware of that addresses the emotional struggles, rather than just the physical hurdles. If you or anyone that you know is trudging through infertility, this book is a must purchase.

Great book and I highly recommend. I used it for a school project as a counseling student. I also had a history of multiple miscarriages so upon reading this I thought to myself...I wish more books were like this while "I" was still going through this roller coaster ride that lead me back to school to work with infertility clients. This should be handed out at the clinics instead of all he useless pamphlets IMO.

I found this book to be a bit negative at times... But I think that the author addressed the emotional/spiritual issues of infertility very well. Many times she really hit the nail on the head and it was comforting to read that others have felt the same things I'm feeling. In addition, I found some things about the book very helpful. All of her coping strategies were things I already knew. But I still liked the idea of the minis, which is simple to remember and can be used any time. I also loved reading another perspective like talking to your family and friends about infertility. I had been avoiding talking to my parents about it completely. But based on her comments I thought that I would share some of my struggle with my mom (no details) and it went very well and we both felt better. I also keep thinking about the author's statement, which she makes several times throughout the book, that some day this struggle will be over and life will go back to normal and if you really want to be a parent you will be. This keeps me sane when I feel trapped in the nightmare of infertility.

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