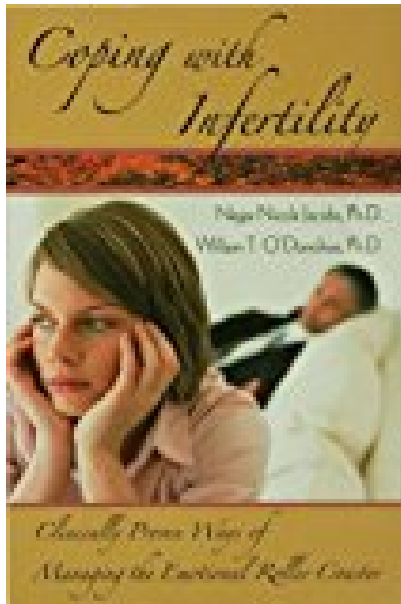


# Coping with Infertility Clinically Proven Ways of Managing the Emotional Roller Coaster

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## BOOK DETAILS

- Author : Negar Nicole Jacobs
- Pages : 273 Pages
- Publisher : Routledge
- Language : English
- ISBN :

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## **BOOK SYNOPSIS**

Coping with Infertility is an essential source of emotional support for any couple struggling with involuntary childlessness. The book offers proven techniques and real-life examples from both men and women, in order to outline common emotional reactions and remind couples that they are not alone in their ups and downs. The coping skills discussed in the book have been assembled from years of working with individuals in clinical trials and have undergone rigorous scientific testing. These state-of-the-art techniques have been shown to be effective in helping couples deal with the stress, depression, relationship problems, and grief often associated with infertility. Coping with Infertility is an easily accessible and problem-focused guide for couples to use in overcoming the emotional roadblocks of infertility.

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