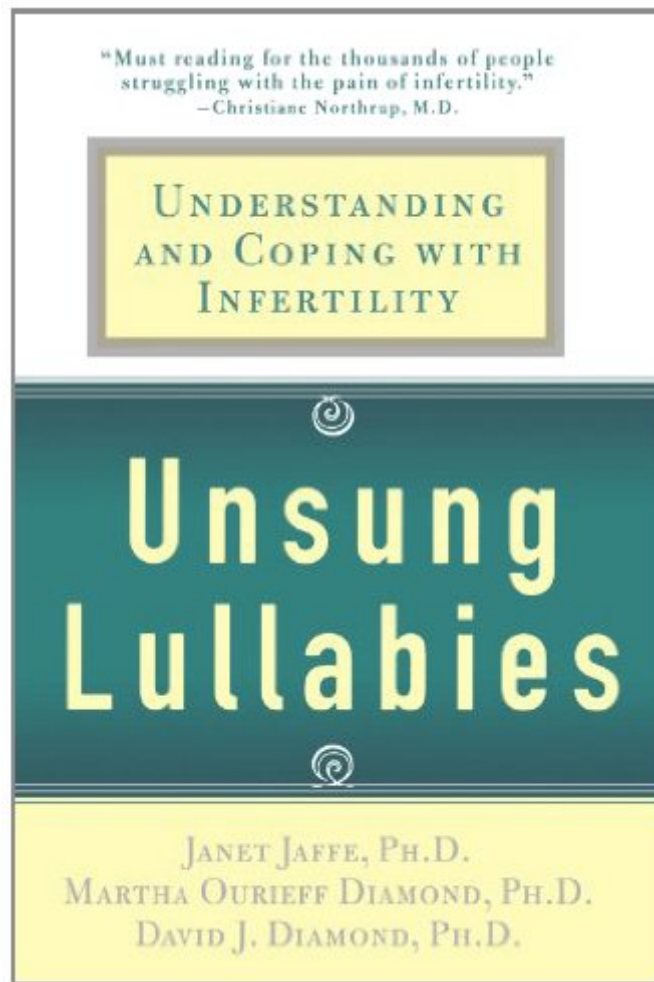


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# Unsung Lullabies: Understanding And Coping With Infertility



## Synopsis

For people experiencing infertility, wanting a baby is a craving unlike any other. The intensity of their longing is matched only by the complexity of the emotional maze they must navigate. With insight and compassion, Drs. Janet Jaffe, Martha Diamond, and David Diamond-specialists in the field of Reproductive Psychology who have each experienced their own struggle with infertility-give couples the tools to:

- \*Reduce their sense of helplessness and isolation\*
- Identify their mates' coping styles to erase unfair expectations\*
- Listen to their "unsung lullabies"--their conscious and unconscious dreams about having a family--to mourn the losses of infertility and move on.

Ground-breaking, wise, and compassionate, *Unsung Lullabies* is a necessary companion for anyone coping with infertility.

## Book Information

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## Customer Reviews

I can't say enough good things about this book. For several years, I have had problems mourning and moving past my infertility. This book helped me finally move on from the hurt and disappointment because it helped me realize that lots of other people feel the same pain and anger when they struggle with infertility. It made me realize that I am NORMAL and infertility is a devastating thing that should not be taken lightly. I feel so much better having read this book.

Out of all the fertility "help" books, this was our favorite. Not only was it informative but it helped us to feel 'normal' amidst a trying process. In fact we loved this book so much that we bought one for each of our parents. It's another tool to help educate them about the trauma we've experienced for over three years.

When my husband and I were going through infertility this book was the only thing that really helped us. We started reading it and every feeling that we ever had was in there. I was so glad to read something that was exactly how I was feeling. I highly recommend this book to those that don't really like to go and talk to someone about how they feel. It also helps to get on infertility forums, but even that was too painful after awhile. Every week you would see someone that found out they were pregnant. I just couldn't keep up with forums. I read this book twice and think that it was what eventually helped us move forward with our life. I know that I will be OK without children and if we ever decide to go with adoption, I feel that my infertility issues will be easier to deal with. Remember that infertility never fully goes away. The feelings you have can come back. This book helped me deal with making them not as life altering. Those that are suffering still, please know that there are others who feel the same and eventually there is an end in sight.

To me, this book is a gold-standard, must-read for anyone experiencing infertility or who have friends/family experiencing it. It gave me so much more insight into a condition I thought I understood and also offered simple explanations to very complex emotions and concepts that were very eye opening to me. I read the book and then my mom also read it, so we were able to have a more informed & supportive conversation around a difficult issue. Most infertility-related websites devolve into anxious conversations of acronyms around treatment options rather than educating or supporting you or teaching you how to find peace. This book is different and **INVALUABLE** because it's just the opposite: it teaches you about the conditions, social & emotional ramifications, and then skills on how to deal with it, plus information on treatment options. I'm eternally grateful for this book and would recommend it to anyone.

I love how this was written from a psychology perspective. This book contains a lot of truths and good points I'd never really thought about before, such as your reproductive story, your expectations and how they differ. I felt like my feelings were validated, and there's a freedom in accepting yourself and allowing yourself to feel emotions, even the ones that you feel guilty about.

Anger, depression, jealousy, etc... they're all normal. I highly recommend this book, I have read several books on infertility and I am sure I will refer to this book in the future, as it covers the entire journey.

Wow! This book was amazingly on target. Just about everything I was feeling while going through infertility treatments was discussed. It really validated my feelings and provided very helpful insights on dealing with all the ups and downs while undergoing treatments! I only wished I read this sooner! I strongly encourage anyone going thru infertility to read.

In the midst of one of the most painful struggles of our lives (dealing with infertility), I cannot say how healing it was to finally feel heard and understood. When I first read about the "trauma of infertility" the authors describe, I thought that's exactly it - that's what we're going through! There are lots of good books out there that deal with infertility, but let this be one of the first ones you read. You won't regret it.

Bought for my daughter who is experiencing the awful pain of infertility and failed IVF. She read it twice and I am reading it now to catch up. The authors have been through the same, which was important to my daughter. They speak with love, compassion, professionalism and authority on the subject.

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