

[PDF] The Impatient Woman's Guide To Getting Pregnant

Jean M. Twenge PhD - pdf download free book



Books Details:

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Author: Jean M. Twenge PhD

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Description:

Comforting and intimate, this “girlfriend” guide to getting pregnant gets to the heart of all the emotional issues around having children—biological pressure, in-law pressures, greater social pressures—to support women who are considering getting pregnant.

Trying to get pregnant is enough to make any woman impatient. *The Impatient Woman's Guide to Getting Pregnant* is a complete guide to the medical, psychological, social, and sexual aspects of

getting pregnant, told in a funny, compassionate way, like talking to a good friend who's been through it all. And in fact, Dr. Jean Twenge *has* been through it all—the mother of three young children, she started researching fertility when trying to conceive for the first time. A renowned sociologist and professor at San Diego State University, Dr. Twenge brought her research background to the huge amount of information—sometimes contradictory, frequently alarmist, and often discouraging— that she encountered online, from family and friends, and in books, and decided to go into the latest studies to find out the real story.

The good news is: There is a lot *less* to worry about than you've been led to believe. Dr. Twenge gets to the heart of the emotional issues around getting pregnant, including how to prepare mentally and physically when thinking about conceiving; how to talk about it with family, friends, and your partner; and how to handle the great sadness of a miscarriage. Also covered is how to know when you're ovulating, when to have sex, timing your pregnancy, maximizing your chances of getting pregnant, how to tilt the odds toward having a boy or a girl, and the best prenatal diet.

Trying to conceive often involves an enormous amount of emotion, from anxiety and disappointment to hope and joy. With comfort, humor, and straightforward advice, *The Impatient Woman's Guide to Getting Pregnant* is the bedside companion to help you through it.

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