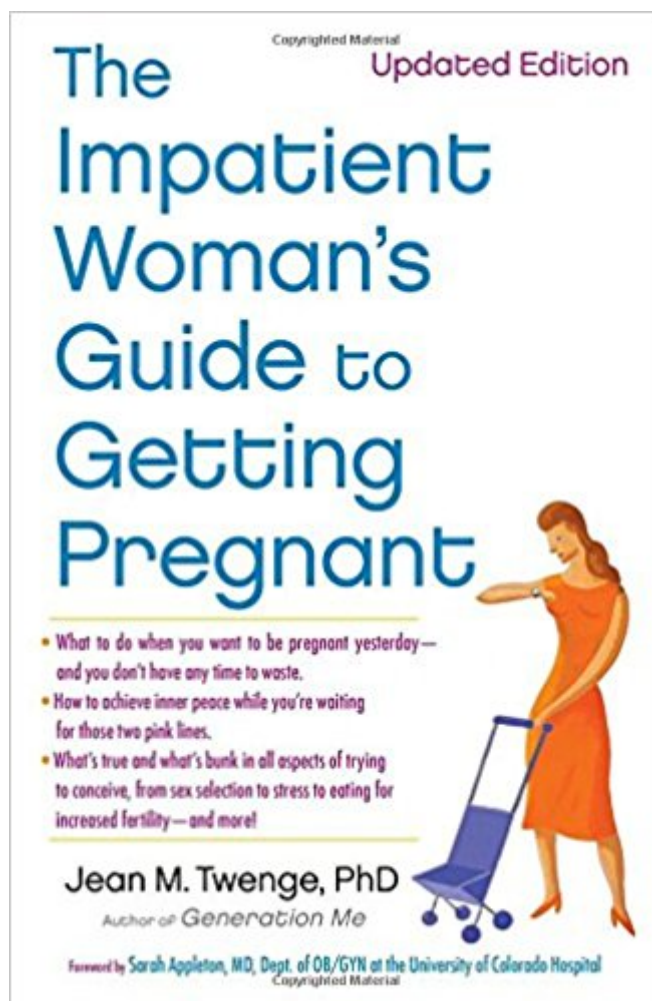


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# The Impatient Woman's Guide To Getting Pregnant



## Synopsis

Comforting and intimate, this â œgirlfriendâ • guide to getting pregnant gets to the heart of all the emotional issues around having childrenâ ”biological pressure, in-law pressures, greater social pressuresâ ”to support women who are considering getting pregnant. Trying to get pregnant is enough to make any woman impatient. The Impatient Womanâ™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 whoâ™s been through it all. And in fact, Dr. Jean Twenge has been through it allâ ”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 informationâ ”sometimes contradictory, frequently alarmist, and often discouragingâ ” 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 youâ™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 youâ™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 Womanâ™s Guide to Getting Pregnant is the bedside companion to help you through it.

## Book Information

Paperback: 256 pages

Publisher: Atria Books; 1 edition (April 17, 2012)

Language: English

ISBN-10: 1451620705

ISBN-13: 978-1451620702

Product Dimensions: 5.5 x 0.3 x 8.4 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 325 customer reviews

Best Sellers Rank: #22,527 in Books (See Top 100 in Books) #4 inÂ Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #55 inÂ Books > Health, Fitness & Dieting >

## Customer Reviews

â œThis book is comforting, accurate, and very funny! I recommend it!" --Christiane Northrup, M.D., ob/gyn physician and author of *Women's Bodies*, *Women's Wisdom* and *The Wisdom of Menopause*â œReducing stress is essential for healthy conception, and this book is sure to help!â • --Stephanie McClellan, M.D., coauthor of *So Stressed*"Psychology professor Twenge (*Generation Me*) cuts to the chase in this wonderful (and often humorous) guide to getting pregnantâ "and fast. The author explains that when she was trying to conceive, she read everything she could get her hands onâ "and found that much of the commonly accepted information was false. She decided to set matters straight and help women get pregnant as quickly and effortlessly as possible. Twenge takes a active and confident approach from the get-go, assuring women that if they use her methods of â œfertility awareness,â • thereâ™s a good chance of getting pregnant on the first try. She offers three ways to determine the time of ovulation: charting, ovulation predictor kits, and fertility monitors, advising that the â œVery Impatient Womanâ • use all three. Twenge details the vital importance of timing, citing research on the best daysâ "and hoursâ "to procreate as well as to synchronize ovulation with the chances for a boy or girl. This is a fine science, indeed, but Twenge explains her approach with clarity and precision. She debunks the myth that a relaxed attitude affects outcome and shoots down outdated statistics (e.g., oft- cited research about the fertility of women over 35 culled from birth records from France in the 1600s). Women hoping to conceive will swiftly find very helpful information in this manageable, informative, and entertaining guide." -- Publishers Weekly

Jean M. Twenge, Ph.D., is author of *Generation Me* and coauthor of *The Narcissism Epidemic* and a professor of psychology at San Diego State University. Her research has appeared in *Time*, *USA TODAY*, *The New York Times*, and *The Washington Post*, and she has been featured on *Today*, *Dateline*, and *National Public Radio*â™s *All Things Considered*. She holds degrees from the University of Chicago and the University of Michigan. She lives in San Diego with her husband and two daughters.

I hate to admit I bought at least a half dozen other books on pre-conception when my husband and I started thinking about starting a family. I am a real planner/researcher by nature and couldn't help

myself from wanting to read everything ever written about pregnancy prep in the year or so before I was ready to actually start trying. Well, let me save you some time and money: just get this book and read it cover to cover! That's all you need! If you're an over-achiever (or just like knowledge, like me) you should also get Taking Charge of Your Fertility by Toni Weschler, and then you'll really be armed with tons of information. I honestly think TCOYF should be standard issue to every girl on her 18th birthday--I aced high school anatomy and college biology, and dutifully went to yearly OB-GYN check-ups for twenty years, and yet I learned SO MUCH about my own body that was somehow new to me at age 35, just by reading TCOYF. But, back to this book, The Impatient Woman's Guide to Getting Pregnant--thanks to the awesome information and tips in this book, and the knowledge I gained about my cycles through charting and using a fertility monitor, we conceived within two cycles once we started trying--and I'm over 35 and had some issues I was worried would lead to problems conceiving! I tell all my friends who are thinking about trying to conceive to get this book, a basal body temperature thermometer and the Clearblue Fertility Monitor and they'll be ready to go. I wish this author would turn her talents and humor to a book on pregnancy or parenting--I so appreciated her data-driven yet entertaining approach to this topic. That said, once you ARE pregnant (thanks to this book) I recommend you check out Emily Oster's book Expecting Better, which is the closest thing I've found to this book on the topic of pregnancy.

I loved this book. Her writing is enjoyable to read and the information and advice were just what I was looking for. I really appreciated all of the research that went into it and the way she clearly synthesized actual medical studies. I was surprised at some of what I learned. I started this about three months before my husband and I started trying to get pregnant and liked that timing, though you can really read it whenever. I highly recommend it!!

I loved this book. I am in my late twenties and not having issues with fertility, but I did want to plan my pregnancy and this book has helped inform me quite a bit. There were chapters I skipped because they did not apply to my life at the moment, however this book will be great to have around in case fertility issues arise once you do start "trying". Great and fun read!

Loved this book. Only fertility book that didn't make me feel like I had to live in a bubble in order to get pregnant. Great information presented in a practical, no-nonsense manner. It's the fertility book for the realistic, modern woman.

If I were again faced with the choice between reading this book or "what to expect before you're expecting," I'd purchase this one in a heartbeat. I read the latter book first and was glad I did, however it didn't answer some basic questions about the trying to conceive process, and it didn't back everything up with peer-reviewed research. This book ticks all those boxes, with a warm, easy tone that will make you smile, laugh and nod in agreement. So easy to read and refer back to, and so reassuring, especially about your personal right to choose the age that is right for you when it comes to having a baby.

My husband and I planning on getting pregnant in the near future and this book offered some great information regarding, best time to "Baby Dance," prenatal vitamin needs, nutrition and so so much more. It was well written and reading it felt as if your best friend is spilling the best and latest research regarding getting pregnant-but even better because the information comes from a non-biased point of view where all points of view are covered. Enjoyed reading it.

This is a brilliant novel that hits the nail on the head. The Impatient Woman is me and this novel speaks to the every woman that wants to get pregnant NOW. The author is witty and hilarious! The book reads like a best friend--someone that is understanding and can offer encouraging words of wisdom. I am just starting on my TTC journey and it was nice to have an encouraging, well-documented, and informational book to help start my journey. This a wonderful read for any woman who is trying to conceive and would like a best friend to encourage them along. A must for woman that are impatient and have a hard time waiting. Plus, she offers insightful advice about the real fertility facts.

Loved the book .... i learned so much about my body that i dint know before. This book made sure i was armed with all the information i needed and reduced my stress levels greatly. The authors take on the emotional side of pregnancy nails the emotion that a person goes through while trying to get pregnant and reassures them that they are not alone. Would recommend this to all couples irrespective of how long they have been trying. lovedddd it :)

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