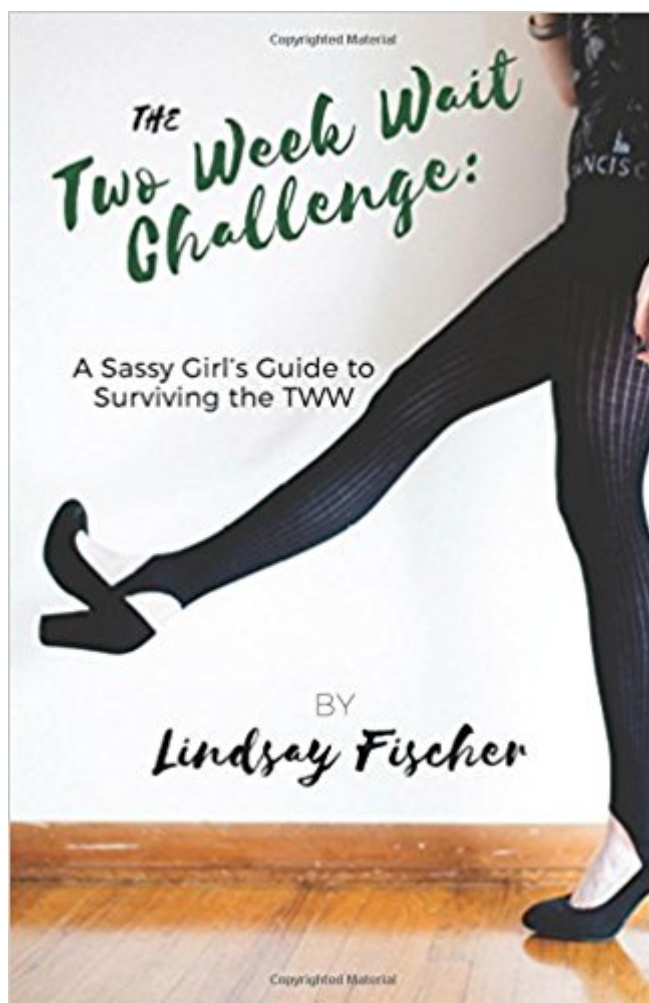


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The Two Week Wait Challenge: A Sassy Girl's Guide To Surviving The TWW



Synopsis

Trying to conceive is an exciting (read: excruciating) time in women's lives, but there is no more daunting a task during her cycle than the two week wait. It's a time when wanna-be mommas can find themselves anxious and emotionally wrecked. Enter *The Two Week Wait Challenge*: a handy guide to navigating the time between potential conception and the day you're able to test for pregnancy. Chock-full for easy, inexpensive self-care practices and positive affirmations, the challenge encourages women to take time for themselves (while simultaneously speeding up the 14 days) and allows their partners to be a part of the process in a loving, supportive way. Add a dash of sass and humor to help you survive and you've got a recipe for a successful (less painful) two week wait.

Book Information

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Customer Reviews

Lindsay Fischer is a trauma-tested author who writes about her own experiences to help others feel less alone. A former English teacher and dance coach, a domestic violence survivor, and - now - a seemingly infertile Myrtle, she refuses to be silent about the things that change our lives. For her, those issues are domestic violence and infertility. Lindsay Fischer graduated from Missouri State University with a Bachelor of Science in secondary education, English. Life got messy when she fell in love with a man who would become her abuser, and it pulled her from the classroom. After three years of trauma therapy, she saw an opportunity to use her voice against injustices and shame-filled adversity, blogging under the pseudonym Sarafina Bianco since 2009. She revealed her real identity in 2015 when her memoir, *The House on Sunset*, was re-released. She currently lives with her husband and three dogs in St. Louis, Missouri.

If you've experienced the torture of the TWW, you *need* this book. After a MMC earlier this year, we're back to TTC, which means experiencing those two weeks of hoping, wishing, planning, doubting, second guessing, and generally driving ourselves crazy. Lindsay is here to save the day, offering a series of tasks and challenges to help me focus on something, ANYTHING other than the what-ifs. (Plus a handy guide to the online fertility boards' acronyms, since if you're like me, you spend a chunk of your TWW obsessively googling.) Her book is witty, funny, caring, and exactly what I needed. Highly recommend!

During the TWW you hear a lot of opinions from people that haven't been through that time. So I'm picky about what I consume because I don't really care about others opinions. I liked how it was written. It was concise, light, funny, but thought provoking. I've shared this with two other women going through the same situation. I bought it as an ebook but wish I purchased a hard copy so I could write out the challenges and use it as a journal.

Can't wait to start reading this since I'm getting ready for my 2WW!!!!

In my tww, and skimmed through tonight with the intention of starting tomorrow! Looks great so far, hoping it will keep me occupied!

As a survivor myself of domestic violence, I can attest that what this author wrote about is absolutely true. Suffering from severe endometriosis, gastrointestinal problems, allergies and other ailments, it can definitely affect a woman's ability to conceive. The Two Week Wait is such an accurate telling of the agony of the what-ifs and can really help ANYONE with learning how to slow oneself down and stay in the moment. Even if you're not trying to get pregnant, I strongly recommend this book. I read it myself, ten years after having my first and only child; did the exercises; and know how to now be mindful when I start projecting into the unknowns of the future. Great read!

My husband and I have been TTC for just under three years now and it's been a real roller-coaster. The first few months are of course fun but after a while scheduled sex just becomes well not very sexy. Plus continuously failing to conceive leaves you feeling defeated at times. Then finally after almost two years we had that positive reading followed by a not so joyous first trimester. But it was all worth it in the end right? Until a routine ultrasound reveals the worst possible news any expecting

parents could hear. No one can prepare you for the heartbreak. Deciding to "try again" has been very difficult. The Two Week Wait Challenge was both quirky and uplifting. I made notes in my day planner in regards to each day's challenge and for the first time in years I'm actually not dreading that two week wait. Some of the challenges I'm really looking forward to and a couple I'm sure will turn out horribly aka embarrassing. But I'm determined to give them all a try. What I think I enjoyed most about Lindsay's book though was her constant encouragement for "self-care". They are not always big seemingly life changing suggestions but ultimately it's small everyday changes that can have the biggest effect. Tomorrow will be the first day of my two week wait I'll post an update with how it goes.

As a survivor of a couple TWWs myself and a therapist helping countless clients through the process of TTC, infertility and loss I found Lindsay's survival guide to be a truth salve to my soul. This guide is refreshing, engaging and full of helpful ideas and resources. Lindsay is sharing what I have been teaching my clients for years and so much of what I am finding helpful in guiding women through the TTC, infertility and loss journey. The tools she shares are part of how we will all thrive and not only survive this journey. Lindsay's humor makes you feel like you have a nonjudgmental best friend by your side through the arduous wait of the days leading up to testing. Her daily challenges and assignments provide an easy and tangible framework for the reader to wrap both their heads, hearts and hands around in order to prevent being completely consumed by worry, anxiety, anger and anything else that pops up in the Clomid crazy train of infertility treatments. I highly recommend this book to anyone going through the TTC journey, no matter where they are in it. This guide combined with speaking your story and seeking help will help you to define your own happy ending, no matter what you get from the journey. Lindsay and her work are great examples of the Ever Upward life. Justine Brooks Froelker (author of Ever Upward)

While I haven't struggled with infertility, I have struggled with having children. Both of my children were born prematurely and spent weeks in the NICU. My husband and I also tried for two years to adopt a child through the state foster system. With three different children, we were put on the short list for adoption, which meant that a committee decided if we were the best of three families to adopt a specific child. The wait for the decisions by the committee often took a minimum of two weeks. It was torture. Also, each time we were "first runner up" for adopting, and finally gave up the process. When I was reading this book, it struck me that it would be a good resource for waiting through anything for this amount of time. These self-care techniques are thoughtful, useful,

practical, and helped me connect internally with my own needs. The techniques in this book take away the frantic compulsion to try and distract ourselves away from the difficulties of the waiting and of the situation. I really appreciate the interactive nature of this book.

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