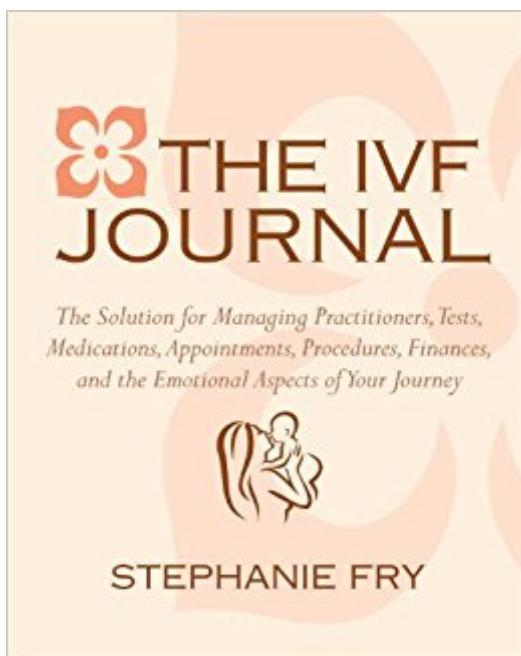


The book was found

The IVF (In Vitro Fertilization) Journal: The Solution For Managing Practitioners, Tests, Medications, Appointments, Procedures, Finances, And The Emotional Aspects Of Your Journey



Synopsis

The IVF (In Vitro Fertilization) Journal is your personalized guide to surviving and thriving during your In Vitro Fertilization cycle. The author, a former In Vitro Fertilization patient, guides you before, during, and after your cycle so you can stay informed, reduce stress, and have a more positive cycling experience no matter what the outcome. With calendars, charts, logs, and worksheets, The IVF Journal is designed to be customized to your specific situation, and offers tools for every stage of your journey. Whether you are just starting your first IVF cycle or have already undergone multiple cycles, each beautifully designed section has detailed instructions and helpful hints on how to navigate every aspect of cycling. The IVF Journal will help you prepare emotionally, physically, financially, and logically. In addition, it will help you track responses, results, and progress while organizing and storing all your cycle details in one place. The IVF Journal allows you to:

- Easily log, find, and review often changing information, such as contact details, medication information, hormone levels, testing and procedural instructions, and results
- Prepare for treatment and reduce stress by developing coping tools and creating a support network
- Avoid confusion and keep track of important insurance and financial information
- Understand the basics of In Vitro Fertilization treatment
- Track and compare multiple cycles side by side
- Stop questioning everything and begin to have an educated, informed dialogue with your providers and loved ones.

Save time, money, and headaches with The IVF Journal: the complete, all-in-one tool to help make the most of your In Vitro Fertilization experience.

Book Information

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Customer Reviews

"I loved The IVF Journal. It is beautifully and sensitively written by someone who has been there; it is packed with ideas and suggestions on how to reduce stress prior to, during, and after an IVF cycle; and it is a much needed resource to all IVF patients." • Alice D. Domar, Ph.D, Executive Director of the Domar Center for Mind/Body Health at Boston IVF, Associate Clinical Professor of Obstetrics, Gynecology and Reproductive Biology, Harvard Medical School, and author of *Conquering Infertility*"It's obvious that Stephanie has not only been through the process, but knows all too well what is required to navigate it successfully. I highly recommend The IVF Journal to anyone who wants to keep their sanity. It's like having your very own intelligent, organized, and compassionate personal assistant through the entire IVF journey!" • Marc Sedaka, Author of *What to Expect When Shes Not Expecting*"Stephanie Fry has written a really important book which will be of great help to women everywhere who are going through assisted conception. The IVF Journal is packed with practical, reader-friendly advice on how to navigate what can be a very difficult and confusing experience for so many couples. If you're about to embark on IVF, this is the book you need on your bedside table!" • Jessica Hepburn, Author of *The Pursuit of Motherhood*

Stephanie Fry is an advocate, volunteer and respected member of the local and national professional community serving those with infertility. A former marketing executive turned professional infertility patient, her work in infertility advocacy began in 2010 as a Board Member and the Marketing Chair for RESOLVE New England, the largest regional infertility organization in the country. Currently she is the Director of Corporate Partnerships for RESOLVE New England and continues to volunteer as an Infertility Peer Discussion Group leader in Massachusetts, a role she has enjoyed for many years. She created The IVF Journal as a personal coping mechanism based on her own experience with extensive fertility treatments and hopes to educate, empower and comfort women who are building families through IVF and other infertility treatments.

My IVF Journal just arrived and I can't wait to start using it for my cycle!! I have already been able to fill in so many details about my schedule, medications and clinic and feel totally ready to get started. I can't believe how much I didn't know about my clinic and my treatment. My insurance doesn't cover IVF so the section on budgeting and

tracking expenses is really helpful. Can't wait to use the Mind and Body section too. It all looks great so far!

Book is practically brand new! I was skeptical about purchasing a "used" journal-type book, but I am glad I did. It's actually quite interesting to read and very helpful to fill out. Great book. Excellent seller.

I like this but I wish I would have seen it at the beginning of my journey. After dealing with infertility for 5 years I knew a majority of the stuff in here.

I have not written in my IVF journal. I hope to do so in 2 months. Treatments have been post-poned. But I am very excited I ordered this book.

Fast shipping, item was as described.

Fantastic book! Written by someone who has personal experience and it acts as a check list

This has been a wonderful resource for BOTH me and my husband. He likes the information that the book has about tax info and other things while I like the places I can jot down notes on the procedures and appointments that I have had. Thank you for having such a wonderful tool for such a trying event in a persons life. There is also great (emotional) information on how to expect to feel!

Excellent! Fast shipping! Just as described!

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