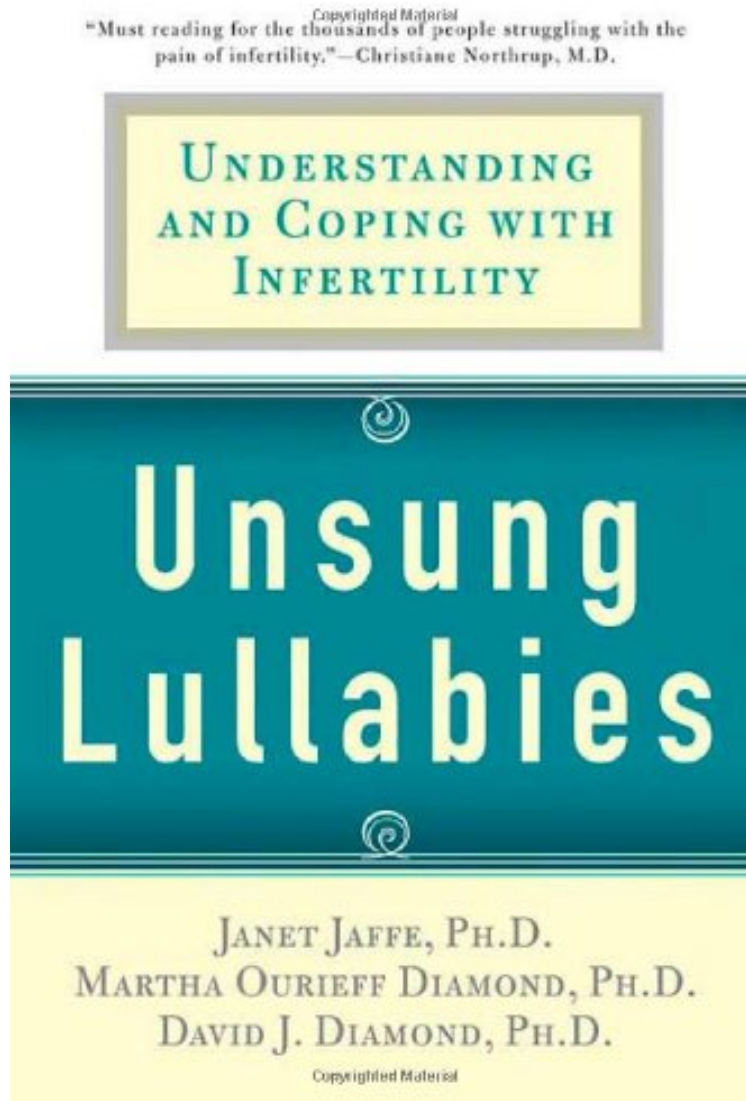


(Free) *Unsung Lullabies: Understanding and Coping with Infertility*

## **Unsung Lullabies: Understanding and Coping with Infertility**

*Janet Jaffe, David Diamond, Martha Diamond*  
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#372166 in Books Holtzbrinck Publishers 2005-06-01 2005-05-12 Original language: English PDF # 1 8.50 x .3 x 5.50l, .60 #File Name: 0312313896304 pages *Unsung Lullabies: Understanding and Coping with Infertility* | File size: 28.Mb

**Janet Jaffe, David Diamond, Martha Diamond : *Unsung Lullabies: Understanding and Coping with Infertility*** before purchasing it in order to gauge whether or not it would be worth my time, and all praised *Unsung Lullabies: Understanding and Coping with Infertility*:

5 of 5 people found the following review helpful. Gold standard, must read book on infertility! By Kasey 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. 4 of 4 people found the following review helpful. As I read many of the pages it felt like the author's were writing about me--and to me. By MJ Kunk I chased the dream of having children for over 15 years before finally giving it up and I still harbor a lot of sadness and pain. This book was the first real "support" for what I have been through that I have ever received. As I read many of the pages it felt like the author's were writing about me--and to me. I recommend this book to anyone who has experienced infertility--it really helped me to put things in perspective, to see that I am not alone and to understand that my feelings are not wrong or shameful. 3 of 3 people found the following review helpful. Everything is normal. By Emily 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.

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.