

## RECOMMENDED READING LIST

### A LIST OF BOOKS COMPILED BY THE SHADY GROVE FERTILITY PSYCHOLOGICAL SUPPORT SERVICES STAFF

#### General Infertility

Blitzer, Barbara. ***The Infertility Workbook: A Mind-Body Program to Enhance Fertility, Reduce Stress, and Maintain Emotional Balance***. New Harbinger Publications, Inc., 2011.

Charlesworth, Liza. ***The Couple's Guide to In Vitro Fertilization: Everything You Need to Know to Maximize Your Chances of Success***. Da Capo Press, 2004.

Daniluk, Judith C. ***The Infertility Survival Guide: Everything You Need to Know to Cope with the Challenges While Maintaining Your Sanity, Dignity, and Relationships***. New Harbinger, 2001.

Domar, Alice D., and Levert, Suzanne. ***Conquering Infertility: Dr. Alice Domar's Mind/Body Guide to Enhancing Fertility and Coping with Infertility***. Penguin Books, 2004.

Ford, Melissa. ***Navigating the Land of If: Understanding Infertility and Exploring Your Options***. Seal Press, 2009.

Glazer, Ellen Sarasohn. ***The Long-Awaited Stork: A Guide to Parenting After Infertility***. Jossey-Bass, 1998.

Jaffe, Janet, Diamond, David, and Diamond, Martha. ***Unsung Lullabies: Understanding and Coping with Infertility***. St. Martin's Griffin, NY, 2005.

Kinsey, Danielle. ***Journey to Destiny, Travelling Through Infertility***. iUniverse, 2011.

Nadeau, Jenna Currier, and Nadeau, Mike. ***The Empty Picture Frame: An Inconceivable Journey Through Infertility***. Outskirts Press, 2007.

Orenstein, Peggy. ***Waiting for Daisy: A Tale of Two Continents, Three religions, Five Infertility Doctors, an Oscar, an Atomic Bomb, a Romantic Night, and One Woman's Quest to Become a Mother***. Bloomsbury, 2007.

Resolve, Aronson, Diane, and Levert, Suzanne. ***Resolving Infertility***. Harper Collins, 2001.

Swire-Falker, Elizabeth. ***The Infertility Survival Handbook***. Riverhead Trade, 2004.

Waits, Kristine. ***Every Drunken Cheerleader: Why Not Me?*** Endurance Publishing, 2010.

#### The Male Experience of Infertility

Rawlings, David, and Looi, Karen. ***Swimming Upstream: The Struggle to Conceive***. (Available online at Amazon, <http://www.amazon.com>).

Sedeka, Marc. ***What He Can Expect When She's Not Expecting***. Skyhorse Publishing, 2011.

Shover, Leslie R and Thomas, Anthony J. ***Overcoming Male Infertility: Understanding Causes and Treatments***. Wiley & Sons, 2000.

Wolfe, Greg. ***How to Make Love to a Plastic Cup***. Harper Collins Publishers, 2010.

## PCOS (Polycystic Ovarian Syndrome)

Grassi, Angela and Mattei, Stephanie B. *The PCOS Workbook: Your Guide to Complete Physical and Emotional Health*. Luca Publishing, 2009.

Vliet, Elizabeth Lee. *The Savvy Woman's Guide To PCOS*. The Savvy Woman's Guide Publishing, Inc., 2006.

## Single Mothers

Hertz, Rosanna. *Single by Chance, Mothers by Choice: How Women are Choosing Parenthood Without Marriage and Creating the New American Family*. Oxford University Press, USA, 2008.

Morrisette, Mikki. *Choosing Single Motherhood: The Thinking Woman's Guide*. Houghton Mifflin Company, 2008.

## LGBT

Aizley, Harlyn. *Confessions of the Other Mother: Non-Biological Lesbian Moms Tell All*. Beacon Press, 2006.

Clifford, Denis, Hertz, Frederick, and Doskow, Emily. *A Legal Guide for Lesbian and Gay Couples*. Nolo, 2007.

Miller, Amie Klemptner. *She Looks Just Like You: A Memoir of (Nonbiological Lesbian) Motherhood*. Beacon Press, 2010.

Pepper, Rachel. *The Ultimate Guide to Pregnancy for Lesbians: How to Stay Sane and Care for Yourself from Pre-conception through Birth, 2<sup>nd</sup> Edition*. Cleis Press Inc., 2005.

## Secondary Infertility

Simons, Harriet Fishman. *Wanting Another Child: Coping with Secondary Infertility*. Jossey-Bass, Incorporated Publishers, 2007.

\*\*Books in the "General Infertility" Section (above) of this list that also have good chapters on secondary infertility include: *The Long Awaited Stork: Parenting After Infertility*, by Ellen Sarasohn Glazer; and *Conquering Infertility*, by Alice Domar.

## Pregnancy Loss/Miscarriage

Allen, Marie and Marks, Shelly. *Miscarriage: Women Sharing from the Heart*. Jon Wiley & Sons, Inc., 1993.

Cohen, Jon. *Coming to Term: Uncovering the Truth About Miscarriage*. Rutgers University Press, 2007.

Davis, Deborah L. *Empty Cradle, Broken Heart*. Fulcrum Publishing. 1996. (Includes a chapter on prenatal diagnosis and the burden of choice)

Kluger-Bell, Kim. *Unspeakable Losses: Healing from Miscarriage, Abortion, and Other Pregnancy Loss*. Harper Collins, 2000.

McCracken, Elizabeth. *An Exact Replica of a Figment of My Imagination: A Memoir*. Little, Brown and Company, 2008.

Kohn, Ingrid, Wilkins, Isabelle A., and Moffitt, Perry-Lynn. *A Silent Sorrow: Pregnancy Loss—Guidance and Support for you and Your Family*. Taylor & Francis, Inc., 2000. (Includes a chapter on prenatal diagnosis and the burden of choice)

## For Parents Receiving News of a Fetal Anomaly/Experiencing Pregnancy Interruption for a Fetal Anomaly

Brooks, Christie. ***Our Heartbreaking Choices: Forty-Six Women Share Their Stories of Interrupting a Much-Wanted Pregnancy.*** iUniverse, Inc., 2008.

Ilse, Sherokee. ***Precious Lives Painful Choices: A Prenatal Decision-Making Guide.*** Wintergreen Press, 2005.

Mayer-Whittington, Nancy. ***For the Love of Angela.*** Saint Catherine of Siena Press, 2007.

*Also see books in Pregnancy Loss/Miscarriage section that are noted to include a chapter on prenatal diagnosis and the burden of choice.*

## Abortion/Elective Termination

DePuy, Candace and Dovitch, Dana. ***The Healing Choice: Your Guide to Emotional Recovery After an Abortion.*** Fireside, 1997.

Torre-Bueno, Ava. ***Peace After Abortion.*** Pimpernel Press, 1997.

## Third- Party Reproduction

Daniels, Ken. ***Building a Family with the Assistance of Donor Insemination.*** Dunmore Press, 2004.

Davis, Lennard J. ***Go Ask Your Father: One Man's Obsession with finding His Origins Through DNA Testing.*** Bantam Dell, 2009.

Donor Conception Network. ***Mixed Blessings: Building a Family With and Without Donor Help.*** 2012. (Booklet can be downloaded from the Donor Conception Network website, [www.dcnetwork.org/](http://www.dcnetwork.org/))

Donor Conception Network. ***Talking and Telling.*** Series of four booklets and a film that serve as a resource for support and guidance to parents talking to their children conceived through third party reproduction. Separate booklets for parents of children at distinct developmental stages – 0-7, 8-11, 12-16, 17-adult. (Available at [www.dcnetwork.org](http://www.dcnetwork.org) or <http://www.infertilitynetwork.org/>; Booklets can also be downloaded from the Donor Conception Network website, [www.dcnetwork.org/](http://www.dcnetwork.org/))

Ehrensaft, Diane. ***Mommies, Daddies, Donors, Surrogates: Answering Tough Questions and Building Strong Families.*** Guilford Press, 2005.

Golombok, Susan. ***Modern Families: Parents and Children in New Family Forms.*** Cambridge Univ Press, 2015

Glazer, Ellen Sarasohn, and Sterling, Evelina Weidman. ***Having Your Baby Through Egg Donation.*** Perspectives Press, 2005.

Griswold, Zara. ***Surrogacy was the Way: Twenty Intended Mothers Tell Their Stories.*** Nightengale Press, 2006.

Lorbach, Caroline. ***Experiences of Donor Conception: Parents, Offspring, and Donors Through the Years.*** Jessica Kingsley Publishers, 2003.

Mundy, Liza. ***Everything Conceivable: How the Science of Assisted Reproduction is Changing our World.*** Anchor Books, 2008.

Pettle, Sharon, and Burns, Jan. ***Choosing to Be Open About Donor Conception: The Experiences of Parents.*** Donor Conception Network. (Available at [www.dcnetwork.org](http://www.dcnetwork.org) or <http://www.infertilitynetwork.org/>)

Vercollone, Carol Frost, Moss, Robert, and Moss, Heidi. **Helping the Stork: The Choices and Challenges in Donor Insemination.** Macmillan Publishing Company, Incorporated, 1997.

Zeigler, Stacy. **Pathways to Parenthood: The Ultimate Guide to Surrogacy.** Brown Walker Press, 2004.

## Adoption

Brodzinsky, David M. **Adoption by Lesbians and Gay Men: A New Dimension in Family Diversity.** Oxford University Press, 2011.

Brodzinsky, David M., Schechter, Marshall D., & Henig, Robin Marantz. **Being Adopted: The Lifelong Search for Self.** Anchor, 1993.

Cranshaw, Marilyn and Balen, Rachel. **Adopting After Infertility: Practice, Research and Personal Experience.** Jessica Kingsley Publishers, 2010.

Johnston, Patricia Irwin. **Adopting After Infertility.** Perspectives Press, 1994.

Johnston, Patricia Irwin. **Adopting: Sound Choices, Strong Families.** Perspectives Press, 2008.

Pavao, Joyce. **The Family of Adoption: Completely Revised and Updated.** Beacon Press, 2005.

## Parenting Over 40

London, Nancy. **Hot Flashes Warm Bottles: First-Time Mothers Over 40.** Celestial Arts, 2001.

## Living Child-Free

Carter, Jean W., and Carter, Michael. **Sweet Grapes: How to Stop Being Infertile and Start Living Again.** Perspectives Press, 1998.

Manterfield, Lisa. **I'm Taking My Eggs and Going Home.** Steel Rose Press, 2010.

Tsigdinos, Pamela Mahoney. **Silent Sorority: A Barren Woman Gets Busy, Angry, Lost and Found.** BookSurge Publishing, 2009.

## Books for Children

### Egg Donation

Bourne, Kate. **Sometimes It Takes Three to Make A Baby: Explaining Egg Donor Conception to Young Children.** Melbourne IVF, 2002. (Available at [www.myivf.com](http://www.myivf.com) or <http://www.infertilitynetwork.org/>) (Ages 3-9)

Cecler, Irene. **Hope & Will Have a Baby: The Gift of Egg Donation.** Graphite Press, 2007. (Ages 3-10)

Donor Conception Network. **Our Story - for children conceived through egg donation.** 2002. (Available at [www.dcnetwork.org](http://www.dcnetwork.org) or <http://www.infertilitynetwork.org/>). (Ages 2-6)

Grimes, Janice. **Before You Were Born.....Our Wish for a Baby: The Story of a Donor Egg.** X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Jover, Carmen Martinez. **A Tiny Itsy Bitsy Gift of Life: An Egg Donor Story.** 2005. (Also Available in Spanish at [www.carmenmartinezjover.com](http://www.carmenmartinezjover.com)) (Ages 2-6)

Jover, Carmen Martinez. **A Tiny Itsy Bitxy Gift of Life: An Egg Donor Story (for boys)**. 2009. (Also Available in Spanish at [www.carmenmartinezjover.com](http://www.carmenmartinezjover.com)) (Ages 2-6)

Margolis, Amy. **Butterflies and Magical Wings**. Amy Margolis Publishing, 2006. (Available at [www.ButterfliesandMagicalWings.com](http://www.ButterfliesandMagicalWings.com)) (Ages 5-12)

Nadel, Carolina. **Mommy, Was Your Tummy Big?** Mookind Press, 2007. (Ages 2-6)

Noble, Kim. **One More Giraffe**. 48HrBooks, 2009. (Ages 1-3)

Shackleton, Sarah and Coulson, Gillian. **Tabitha and Timothy Grow a Flower**. Conceptual Books, 2010. (Ages 2-6)

Stamm, Linda. **Phoebe's Family: A Story About Egg Donation**. Graphite Press, 2010. (Ages 4-9)

## Sperm Donation

Celcer, Irene. **Hope & Will Have a Baby: The Gift of Sperm Donation**. Graphite Press, 2007. (Ages 3-10)

Grimes, Janice. **Before You Were Born.....Our Wish for a Baby: The Story Of Donor Insemination**. X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Grimes, Janice. **Before You Were Born.....Our Wish for a Baby: The Story Of Donor Sperm (IVF)**. X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Infertility Research Trust. **My Story**. 1992. (Available at [www.dcnetwork.org](http://www.dcnetwork.org) or <http://www.infertilitynetwork.org/>) (Ages 2-6)

Nadel, Caroline. **Daddy, Was Mommy's Tummy Big?** Mookind Press, 2007. (Available at <http://www.lulu.com/content/paperback-book/daddy-was-mommys-tummy-big/1029233>).

Schnitter, Jane T. **Let Me Explain: A Story About Donor Insemination**. Perspectives Press, 1995. (Available at <http://www.infertilitynetwork.org/>) (Ages 5-12)

## Embryo Donation:

Celcer, Irene. **Hope & Will Have a Baby: The Gift of Embryo Donation**. Graphite Press, 2007. (Ages 3-10)

Donor Conception Network. **Our Story - for children conceived through double or embryo donation**. (Available at [www.dcnetwork.org](http://www.dcnetwork.org) or <http://www.infertilitynetwork.org/>) (Ages 2-6)

Grimes, Janice. **Before You Were Born.....Our Wish for a Baby: The Story Of A Donor Embryo**. X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

## Gestational Carrier/Surrogacy:

Celcer, Irene. **Hope & Will Have a Baby: The Gift of Surrogacy**. Graphite Press, 2007. (Ages 3-10)

Grimes, Janice. **Before You Were Born.....Our Wish for a Baby: The Story Of A Gestational Carrier**. X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Lewis-Long, Carla. **Why I'm So Special: A Book About Surrogacy**. AuthorHouse, 2010. (Ages 2-5)

Martin, Tamra. **Surrogacy, A Magical Delivery**. Eloquent Books, 2010.

## Gestational Carrier and Egg Donor

Summer, Molly. **Mom and Dad and the Journey They Had!** CreateSpace, 2010.

## For Children of Gestational Carriers

LaMothe, Sharon & Rella, Tina. **Surrogacy Helps Make a Family Grow.** CreateSpace, 2010.

Pellet, Sarah Phillips. **The Kangaroo Pouch.** Trafford Publishing, 2006. (Ages 2-6)

Poston, Karen. **A Baby for Mabel and Frederick.** 2005. (Ages 4-8)

## Simple Explanations of Different Methods Used to Conceive/Carry Children

Gordon, Elaine. **Mommy, Did I Grow in Your Tummy? Where Some Babies Come From.** E.M. Greenburg Press, Inc., 1992. (also includes adoption) (Ages 4-10)

Jover, Carmen Martinez. **Recipes of How Babies are Made.** 2007. (Also Available in Spanish at [www.carmenmartinezjover.com](http://www.carmenmartinezjover.com)) (also includes adoption) (Ages 4-8)

Troute-Wood, Tammy and Gough Brent Patrick. **I Love My Family.** 2011. (Ages 3-5)

## LGBT

Donor Conception Network. **Our Story - for children conceived through sperm donation into lesbian families.** 2002. (Available at [www.dcnetwork.org](http://www.dcnetwork.org) or <http://www.infertilitynetwork.org/>). (Ages 2-6)

Grimes, Janice. **Before You Were Born.....Our Wish for a Baby: A Baby Conceived for Female Partners.** X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Grimes, Janice. **Before You Were Born.....Our Wish for a Baby: A Baby Conceived for Male Partners.** X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Jover, Carmen Martinez. **The Baby Kangaroo Treasure Hunt: A Gay Parenting Story.** 2009. (Also Available in Spanish at [www.carmenmartinezjover.com](http://www.carmenmartinezjover.com)) (Ages 4-8)

Lewis-Long, Carla. **Why I'm So Special: A Book About Surrogacy With Two Daddies.** AuthorHouse, 2011. (Ages 2-5)

Rella, Tina. **Daddy and Pop.** CreateSpace, 2010.

Rella, Tina. **Mom, Mama, and Me...And How I Came To Be!** CreateSpace, 2010.

Richardson, Justin and Parnell, Peter. **And Tango Makes Three.** Simon and Schuster, 2005. (Ages 2-6)

## Single Mothers

Clay, George Anne. **Why Don't I Have a Daddy?** AuthorHouse, 2008. (Ages 2-7)

Donor Conception Network. **Our Story - for children conceived through sperm donation into single parent families.** 2002. (Available at [www.dcnetwork.org](http://www.dcnetwork.org) or <http://www.infertilitynetwork.org/>). (Ages 2-6)

Levin, Barbara. **Just the Baby for Me.** 2008. (Ages 2-6)

Rella, Tina. ***Mom and Me...the Way It Should Be***. Guess Who? Multimedia, 2012. (Available at <http://guesswhomultimedia.com/bookstore.html> or <http://www.lovemakesafamilybooks.com/>)

Sherwin, Ali. ***The Adventures of Princess Mommy***. 13th Moon Press, 2009. (Ages 4-12)

### **Adoption**

Curtis, Jamie Lee. ***Tell Me Again About the Night I was Born***. Joanna Cotler, 1996. (Adoption) (Ages 4-8)

Celcer, Irene. ***Hope & Will Have a Baby: The Gift of Adoption***. Graphite Press, 2010. (Ages 3-10)