

IVFAustralia Resource List

Below is a list of resources that you may find helpful. Most titles on the list are available through the Bay Street Co-Op Bookshop. Mail delivery orders are available.

Medical & Professional University Co-Operative Bookshop Ltd
Shop 2, 80 Bay Street, Broadway NSW 2007
Ph: 02 9212 2229
webhelp@coop-bookshop.com.au
www.coop-bookshop.com.au

Infertility

Bates, Vanessa (2007). **Legs up and laughing**. Pier 9: UK. ISBN 9781921208935

Bedos, N. (2007). **IVF & Ever After: The Emotional Needs Of Families**. Rockpool Publishing: Sydney. Using real-life stories and the latest international research, this book brings together information for parents beyond the 'here' and 'now' of IVF treatment to look at the hard issues involve din IVF , such as telling a child about their conception, what to do with spare frozen embryos and the implications around legislation about surrogacy.

Berman, Annarosa. (2006). **Sex at 6pm: A personal journey through IVF**. Australia: New Holland Publishers. ISBN 1741104610

Black, Rachel and Scull, Louise (2005). **Beyond Childlessness** by, Pan MacMillan

Carter, J., & Carter, M. (1998). **Sweet Grapes: How to Stop Being Infertile and Start Living Again**. Indianapolis: Perspective Press. ISBN 0944934013

Davis, Jason (2007). **Baby Steps: A Bloke's-Eye View Of IVF**. Published by Allen & Unwin. ISBN: 97817411474407. **(Men's Experience)**

Domar, Alison., & Kelly, Alice. (2002). **Conquering Infertility**: Dr. Alice Domar's Mind/Body Guide to Enhancing Fertility and Coping with Infertility. New York: Penguin Books. ISBN 0142002011

Fishman Simons, H. (2007). **Wanting Another Child: Coping With Secondary Infertility**. Jossey-Bass: San Francisco.

Fluker, Margo., & Daniluk, J. (2001). **The Infertility Survival Guide: Everything You Need to Know to Cope with the Challenges while Maintaining Your Sanity, Dignity, and Relationships**. Oakland: New Harbringer Publications. ISBN 1572242477

Gallup, C. (2007). **Making Babies The Hard Way: Living with Infertility and Treatment**, which gives a variety of views and a summary of its content.. 'Caroline's list of things not to say to an infertile couple (and what helps) should be required reading.' "If you read this book you will discover what to expect if you learn that you cannot have babies the easy way...It is at once a witness statement and an inspiration" ISBN 978 1 84310 463 6

Hampson, Amanda.(1997). **Battles with the Baby Gods. Infertility: Stories of Hope**, Sydney: Doubleday. ISBN 0868247405

Jacobs, N.N. and O'Donohue, W.T. (2007). **Coping with infertility: Clinically proven ways of managing the emotional roller coaster.** New York: Routledge.

Konecna, H. (2008). The Quest For A Child A Scientific and humanistic look at the process of trying to conceive. It is positive, uplifting, easy to read. ISBN: 9781905740772

Miller, Theresa (2007). **Making Babies: Personal IVF Stories. Making Babies: personal IVF stories.** If you're contemplating IVF, this book can serve as a reality check. If you've been through the process, it can help you make sense of your own feelings by reading similar experiences. If you have friends, family or patients on the IVF treadmill, Making Babies will arm you with inside knowledge, to support them on their journey. ISBN (13): 9781921215469

Oke, Kay. (2000). **Taking Charge of your Infertility.** Melbourne IVF. – Can Order through Melbourne IVF.

Peoples, Debbie., & Rovner Ferguson, Harriette. (1999). **What to Expect When You're Experiencing Infertility: How to Cope with the Emotional Crisis and Survive.** USA: Norton Publishing. ISBN 0393041042

Rawlings David., & Looi, Karen. (2006). **Swimming Upstream: The struggle to conceive.** Norwood: Peacock Publications. ISBN: 1921008253 (**Men's Experience**)

Schover, L & Thomas, A. (1999). **Overcoming Male Infertility: Understanding Its Causes and Treatments.** USA: Wiley Publishers. ISBN: 0471244716

Sharkey, Ruth. (2002). **Fertile Fathers.** Australia: Castleview Party Ltd. ISBN 0958579229 – Male Infertility

Salzer, Linda. (1991). **Surviving Infertility: A Compassionate Guide through the Emotional Crises of Infertility.** New York: Harper Perennial. ISBN 006097382X

Tomlins, Jacqueline. (2003). **The Infertility Handbook.** Australia: Allen and Unwin. ISBN 1741141451

Living With Involuntary Childlessness

Carter, J., & Carter, M. (1998). **Sweet Grapes: How to Stop Being Infertile and Start Living Again.** Indianapolis: Perspective Press. ISBN 0944934013

McGuckin, Isla. (2006). **Pink For A Girl: Wanting A Baby and Not Conceiving – My Personal Story.** Hay House:

Mood

Burns, David. (1999). **Feeling Good: The New Mood Therapy.** USA: Avon Books ISBN 0380810336

Carlson, Richard. (2002). **Stop Thinking and Start Living: Discover Lifelong Happiness.** AUS: Harper Collins Publishers. ISBN 0722535473

Greenberger, Dennis. & Padesky, C. (1995). **Mind over Mood: Change how you feel by Changing the Way you Think.** New York: Guilford Press. ISBN 0898621283

McKay, M., Davis, M., & Fanning, P. (1997). **Thoughts and Feelings: Taking Control of Your Moods and Life. A Workbook of Cognitive Behavioral Techniques.** USA: New Harbinger Publications. ISBN 1572240938

Tanner, S., Ball, J. **Beating The Blues. A Self-Help Approach for Overcoming Depression.** Doubleday. ISBN: 064636622X. Introduces a step-by-step programme for overcoming depression, enabling you to break the lethargy circuit and conquer feelings of hopelessness, persistent bouts of jealousy, loneliness and the suicidal impulse. Susan Tanner and Jillian Ball offer strategies for shedding "faulty thinking habits". Using questionnaires, self-tests and case studies from their own work they demonstrate that you can control what you think and therefore how you feel. There is a special chapter for families, "How to live with someone who is depressed", and advice on seeking professional help.

Relationships

Goldhor Lerner, H. **The Dance of Intimacy.**

A book on understanding the difficulties in close relationships and looks at how women can change them in positive ways. It explores family-of-origin issues. No quick-fix strategies, but Lerner shows that change is possible.

Gottman, J. and De Claire, J. **The Relationship Cure: A 5 Step Guide to Strengthening Your Marriage, Family and Friendships.** A great little book that, in an easy to read format, offers skills in communicating in families, with co-workers, in friendships, as well as with your partner.

Gottman, J. and Silver, N. **The Seven Principles for Making Marriage Work.**

This is a best-seller and is useful both for couples who want to enhance a good relationship as well as improve a not-so-good one. John Gottman has studied and researched couples for many years. Available in Book and CD.

Gottman, J. **Making Marriage Work - DVD.** Dr. John Gottman has revolutionized the study of marriage. He uses rigorous scientific procedures to observe the habits of married couples in detail over many years for unprecedented insight into the inner workings of successful relationships. Here is the culmination of his life's work: the seven principles that guide couples on the path toward a harmonious long-lasting relationship. Learn how to build a positive dynamic with your spouse. Hear tips for getting closer through everyday interactions, gain insight into the ways lasting marriages operate. The discoveries Dr. Gottman has made are insightful and you can start using the techniques straight away. Available in book, CD or DVD

Gottman, J. and Schwartz Gottman, J. **And Baby Makes Three.**

Helps couples keep their relationship alive while adjusting to a baby in the family.

Gottman, J., and Schwartz Gottman, J. **Ten Lessons to Transform Your Marriage.**

Clients find this book useful as a complement to Seven Principles. It is far more practical than Seven Principles. Ten lessons using 10 couples, each with a different problem.

Hendrix, H. **Getting The Love You Want: A Guide For Couples.**

Divided into three sections, the book covers "The Unconscious Marriage," which details a marriage in which the remaining desires and behavior of childhood interfere with the current relationship; "The Conscious Marriage," which shows a marriage that fulfils those childhood needs in a positive manner; and a 10-week "course in relationship therapy," which gives detailed exercises for you and your partner to follow in order to learn how to "replace confrontation and criticism ... with a healing process of mutual growth and support." The text is occasionally dry and technical; however, the information provided is valuable, the case studies are interesting, and

the exercises are revealing and helpful. By utilizing his program, Hendrix hopes you too will be able to solve your marital difficulties without the expense of a therapist.

Jansen, D. and Newman, M. (1989). **Really Relating: How To Build An Enduring Relationship**. Random House: Sydney.

Relating to another person involves skills that can be learned, and Really Relating can help you gain those skills. With practical advice, this book shows you how to really look at yourself and your relationship, how to create intimacy, and how to build a deeply satisfying life with a partner as well as with others.

Love, P and Robinson, J. (1994). **Hot Monogamy: How To Achieve A More Intimate Relationship With Your Partner**.

Love, P. and Stosny, S. (2007). **Why Women Talk and Men Walk: How To Improve Your Relationship Without Talking About It**. Vermilion: London.

Richardson, R. **Family Ties That Bind**.

A small, easy to use resource that assists couples in exploring ways that the families that they grew up in has influenced them and their own relationships. Good to use when considering creating a family of your own or considering the impact of third party reproduction for you as a family.

Schnarch, D. **Passionate Marriage**.

Another book for couples who want to improve their intimacy, this is a serious, challenging read. It challenges individuals to look at themselves in the relationship as well as their partner. It presents theory as well as anecdotes in an interesting way.

Self Esteem

Burns, David. (2000). **10 Days to Great Self-Esteem: 10 Easy Steps to Brighten Your Moods and Discovering the Joy in Everyday Living**. USA: Ebury Press. ISBN 0091825628

Fennell, Melanie. (1999). **Overcoming Low Self-esteem: Self-help Guide Using Cognitive Behavioural Techniques**. Oxford: Constable and Robinson. ISBN 1854877259

Stress

Davis, M., Eshelman, E., & McKay, M. (2000). **The Relaxation and Stress Reduction Workbook (5th Ed.)**. USA: New Harbinger Publications. ISBN 1572242140

Barlow, David., & Rapee, Ronald. (1991). **Mastering Stress: A Lifestyle Approach**. Dallas: American Health Publishing Company. ISBN 1878513370

Transition To Parenthood

Bedos, N. (2007). **IVF & Ever After: The Emotional Needs Of Families**. Rockpool Publishing: Sydney. Description is above in the infertility books section.

Gottman, J. and Julie Schwartz Gottman '**...And Baby Makes Three: The Six-Step Plan for Preserving Marital Intimacy and Rekindling Romance After Baby Arrives**'.

Richardson, R.W. (1999). **Family Ties That Bind: A Self-Help Guide to Change Through Family of Origin Therapy**.

Managing Anxiety and Stress (Books and Audio Discs)

Aisbet, Bev. (1993). **Living with it: A Survivor's Guide to Panic Attacks**. Pymble: HarperCollins Australia. ISBN 0207180407

Bourne, Edmund. (2005). **The Anxiety and Phobia Workbook** (4th Ed.). USA: New Harbinger Publications. ISBN 1572244135

Williams, Chris. (2003). **Overcoming Anxiety: A Five Areas Approach**. UK: Hodder Arnold. ISBN 034081005X

Barlow, David., & Rapee, Ronald. (1991). **Mastering Stress: A Lifestyle Approach**. Dallas: American Health Publishing Company. ISBN 1878513370

Davis, M., Eshelman, E., & McKay, M. (2000). **The Relaxation and Stress Reduction Workbook** (5th Ed.). USA: New Harbinger Publications. ISBN 1572242140

Gurgevich, S. **Relieving Anxiety With Medical Hypnosis**. - Audio Disc

Ross, Gillian. **Relaxation Made Easy** - Audio Disc

Nejad, Lillian and Volny, Katerina, **Relaxation Techniques: Reduce Stress and Anxiety and Enhance Well-being** - Audio Disc

McKay, Matthew and Fanning, Patrick. **Progressive Relaxation and Breathing** (Relaxation & Stress Reduction) - Audio Disc

McKay, Matthew, Fanning, Patrick, and Jerry Landis. **Applied Relaxation Training** (Relaxation & Stress Reduction Audio Series) - Audio Disc

Living Meditation. **Meditations for Relaxation: Guided Mediations From the Buddhist Tradition** - Audio Disc

Assisted Conception

Cooper, Susan., & Glazer, Ellen. (1994). **Beyond Infertility: The New Paths to Parenthood**. USA: Jossey-Bass Inc., Publishers. ISBN 0029118131

Daniels, Kenneth. (2004). **Building a Family with the Assistance of Donor Insemination**. Palmerston North: Dunmore Press. ISBN 0864694717 (available for purchase through AHR Professional Services Ltd. Ph: 64 3 365 5924).

Ehrenshaft, Dianne. (2005). **Mommies, Daddies, Donors, Surrogates: Answering Tough Questions and Building Strong Families**. New York: The Guilford Press. ISBN: 1593851790

Friedman, Joyce. (1997). **Building Your Family Through Egg Donation: What You Will Want to Know About the Emotional Aspects and What to Tell Your Children**. ISBN 0964595214

Griswold, Z. (2005). **Surrogacy Was The Way: Twenty Intended Mothers Tell Their Stories**. Nightengale Press: Tennessee.

Lorbach, Caroline (2003). **Experiences of Donor Conception: Parents, Offspring and Donors through the Years**. London: Jessica Kingsley Publishers. ISBN 184310122

Mohler, Marie., & Frazer, Lacy. (2002). **A Donor Insemination Guide: Written by and for Lesbian Women**. New York: Haworth Press. ISBN 1560232277

Noble, Elizabeth. (1987). **Having your Baby by Donor Insemination**. Massachusetts: Library of Congress. ISBN 0395368979

Pettle, Sharon., & Burns, Jan. **Choosing to be Open about Donor Conception: The Experiences of Parents** . UK: Donor Conception Network.

Sarasohn Glazer, Ellen., & Weidman Sterling, Evelina. (2005). **Having Your Baby Through Egg Donation**. USA: Perspectives Press. ISBN: 0944934323
Assisted Conception and Donor Conception – Resources for Children

For Children

Appleton, T. **My beginnings: A very Special Story** ISBN: 187366303X IFC Resource Centre. Book explaining about IVF and how children are conceived. Also available in CD-Rom format.

Appleton, T. **I'm a Little Frostie** by ISBN: 1-873663-29-3
An easy to read book, which is full of colour pictures. It is about a child conceived from a frozen embryo that was thawed, transferred and successfully resulted in a birth. It is suitable for children who were created from donated embryos.

Bryan, L. and Riches, S. (2008). **The Baby Doctor: Explaining IVF To Your Child**. Nuhouse Press: Elanora.

Grimes, J. **Before you were Born... X, Y and Me** <http://www.xyandme.com/XYMe-Books.htm> Books are written with many variations including a baby born from IVF, donor insemination, frozen embryo, donor egg, donor sperm (IVF), donor embryo and same sex female parents, same sex male parents.

Bourne, K. **Sometimes it takes three to make a Baby: Explaining Egg Donor Conception to Young Children**.
Children's book for Families with a Mother and Father conceived through Egg Donation Available through Melbourne IVF www.mivf.com.au.

Other Resources

A Different Story 30 minute video film – Families with a Mother and Father conceived through Anonymous Donor Insemination <http://www.donor-conception-network.org/baselibpubs.htm>. A 30 minute video film made by Network member and documentary film-maker Liesel Evans Varied positive and thoughtful reflections are provided in answer to questions about their experiences by seven young people aged between seven and twenty years. All were conceived with the aid of anonymous donor insemination, and all were told the facts of their conception at an early age by their parents

Our Story - for Children conceived by Donor Insemination into Single Parent Families
<http://www.donor-conception-network.org/baselibpubs.htm>

Our Story - for Children conceived by Donor Insemination into Lesbian Parent Families
<http://www.donor-conception-network.org/baselibpubs.htm>

My Story - for Children conceived by Donor Insemination
Excellent for young children, this straightforward and gentle guide describes how Mummy and Daddy conceived their child through donor insemination. (ages 4-7)
<http://www.donor-conception-network.org/baselibpubs.htm>

Grief - Miscarriage

Allen, M. and Marks, S. (1993). **Miscarriage: Women Sharing From The Heart**. John Wiley & Sons: New York.

Cohen, J. (2007). **Coming To Term: Uncovering The Truth About Miscarriage**. Rutgers University Press: New Jersey.

Comerford, Margaret., & Semelsberger, Carrie. (1999). **Miscarriage after Infertility: A woman's guide to coping**. UK: Fairview Press. ISBN 1577491351

Hey, Valerie., Saunders, Lesley., & Speakman, Mary Anne. (Eds.). (1997). **Hidden Loss: Miscarriage & Ectopic Pregnancy**. UK: The Women's Press Handbook Series. ISBN 0704344572

Hinton. C. (1997). **Silent Grief: Miscarriage, Child Loss: Finding your Way Through The Darkness**. New Leaf Press: Oregon.

Isle, Sherokee., & Appelbaum, Arlene. (1996). **Empty Arms: Coping After Miscarriage, Stillbirth and Infant Death**. USA: Wintergreen Press. ISBN 0960945660

Nicol, Margaret. (1989). **Loss of a Baby: Understanding Maternal Grief**. Sydney: Bantam Books. ISBN 0947178491.

Single Women

Morrisette, Mikki. (2005). Choosing **Single Motherhood: The Thinking Woman's Guide**. USA: Be-Mondo Publishing ISBN: 0-9772042-0-0

Mattes, Jane. (1994). **Single Mothers by Choice: A Guidebook for Single Women Who Are Considering or Have Chosen Motherhood** USA: Three Rivers Press. ISBN: 0812922468