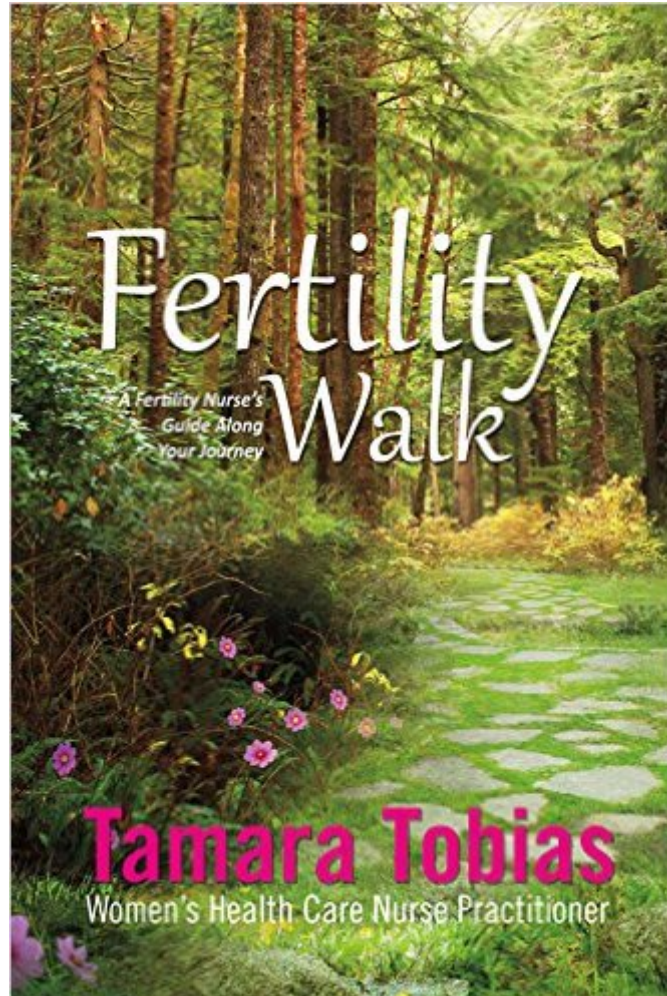


The book was found

# Fertility Walk: A Fertility Nurse's Guide Along Your Journey



## Synopsis

Tamara's goal of this book was to help envision the journey of infertility as a walk. The chapters in this book are meant to serve as walking tools and they guide women and couples through the process with easy-to-comprehend explanations and many ultrasound images to explain the menstrual cycle, treatment options, and procedures. Abnormal findings such as a cyst or fibroid are reviewed as well as all of those questions that arise when a cycle IS successful. As a walking partner, Tamara's ultimate intention is for patients and couples to find HOPE... Â Proceeds from this book benefit Fertility Walk Hope Fund, a non-profit organization Tamara developed to provide grants to those who need fertility treatment but have no insurance coverage and are financially restricted.Â To learn more about Fertility Walk Hope Fund, please visit: [fertilitywalk.com](http://fertilitywalk.com)Â To keep up to date on current fertility news, follow Fertility Walk on Facebook

## Book Information

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## Customer Reviews

Dr. Tobias does a wonderful job walking newcomers to fertility treatment through the process, providing inspiration and helpful information along the way. It's a relatively short but informative read. Would recommend.

Infertility treatment is so stressful, and understanding the tests, procedures and terminology of it can seem overwhelming. This book does a great job breaking down what everything means and why it is done. The caring attitude and tips for dealing with the emotions make an isolating experience feel

less lonely. I also like that the proceeds support a Hope Fund to provide infertility care for those unable to afford it (you can see [...] for more details). Tamara Tobias is so well known in the fertility world and it is wonderful to see her sharing her personal and professional experiences in this way. Highly recommend!

I describe this as a, " pretty little book which is both helpful and- kind. It's like a dear friend". A book that everyone should have by their side when they start the walk of infertility treatment. As a Nurse Practitioner and expert in the field of Reproduction Technology, Tobias offers top notch guidance and every word is infused with heart and hope. I highly recommend this book for those facing infertility. Tamara Tobias is a superstar in the field! Gretchen S.

Great guide for the fertility process. One thing that makes this book different are the many ultrasound pictures which are clear and accompanied by explanations. Fertility patients can have many ultrasounds along the way and this guide can help them understand what they are seeing on those black and white screens!

I read this book yesterday evening and finished it after only 2 hours- I could not put it down!! It is so well written and informative. I love all the breaks-it really lets you absorb all of the information and take notes/write down questions. I learned so much! It has pictures and explanations to really get you prepared for what your treatment might look like. I love all the personal touches- she copied entries of her own diary from when she was going through her treatment. This book is truly great! I will definitely be recommending it to anyone I know who may be struggling with fertility, or who is just interested in the subject!

I had a chance to read through this a few times as I was at the doctor's office. I'm an "experienced" IVF-er and so a lot of the information wasn't news to me but I would have LOVED to have something like this when I was first starting out on my fertility journey. The book reads like a kind friend talking you through the whole process. I especially like that Tamara tackles the emotional side of treatment as someone who has both gone through it and as a nurse practitioner. Highly recommend.

I loved reading this book as it breaks down what every term related to IVF means and why it is done. Offers an easy to follow and handy guide to female anatomy, menstrual cycle and common

medical issues related to infertility. I appreciated the advice of getting prepared for the initial doctor appointments and this book is a great starting point. I think what is best about this book is the perfect balance between the perspective of the practitioner in this field with the personal story of dealing with infertility. I highly recommend this book! Thank you Tamara for donating the proceeds to help those who don't have medical benefits for fertility treatments and struggle with the financing of treatment on top of infertility.

Tamara Tobias has provided a "manual" for those of us on the journey of infertility. Detailed explanations in easy to read language, I am so happy I purchased this book, and I recommend it to anyone at any point of their journey. Not only is Ms. Tobias a fertility nurse, she has also walked this road as a patient, and that makes all the difference in her understanding of how a patient feels.

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