

## RESOURCE LIST-generously shared by Colorado Center for Reproductive Medicine

### **Infertility and Assisted Reproductive Technologies (ART) / Coping with Infertility**

Conquering Infertility: Dr. Alice Domar's Mind/Body Guide to Enhancing Fertility and Coping with Infertility by Alice Domar (2004).

Healing Mind, Healthy Woman: Using the Mind-Body Connection to Manage Stress and Take Control of Your Life by Alice Domar (1997).

If at first you don't conceive: A Complete Guide to Infertility from one of the Nation's Leading Clinics by William Schoolcraft (2010).

Infertility and PTSD: The Uncharted Storm by Joanna Flemons (2018).

It Starts with the Egg: How the Science of Egg Quality Can Help You Get Pregnant Naturally, Prevent Miscarriage, and Improve Your Odds in IVF by Rebecca Fett (2014).

Managing the Stress of Infertility: How to Balance Your Emotions, Get the Support You Need, and Deal with Painful Social Situations When You're Trying to Get Pregnant by Carol Fulwiler-Jones (2013).

Preparing for IVF: Approach Your IVF with Confidence and Courage by Lisa Newton (2018).

Surviving Infertility: A Compassionate Guide Through the Emotional Crisis of Infertility by Linda Salzer (1986).

The Art of Waiting: On Fertility, Medicine, and Motherhood by Belle Boggs (2016).

The Couples Guide to Fertility, Third Edition by Gary Berger, Mark Fuerst, and Marc Goldstein (2001).

The Infertility Survival Handbook: Everything You Never Thought You'd Need to Know by Elizabeth Swire-Falker (2004).

The Infertility Workbook: A Mind-Body Program to Enhance Fertility, Reduce Stress, and Maintain Emotional Balance by Barbara Blitzer (2011).

Unsung Lullabies by Janet Jaffe, Martha Diamond, and David Diamond (2005).

What He Can Expect When She's Not Expecting (How to Support Your Wife and Your Marriage) by Marc Sedaka (2011).

What to Do When You Can't Get Pregnant: The Complete Guide to All the Technologies for Couples Facing Fertility Problems by Daniel Potter and Jennifer Hanin (2005).

Your Fertility. Your Family by William Schoolcraft, M.D., HCLD and the Staff at CCRM Fertility (2019).

### **Male Infertility**

How to Make Love to a Plastic Cup by Greg Wolfe (2010).

Overcoming Male Infertility: Understanding its Causes and Treatments by Leslie Schover and Anthony J. Thomas (2008).

### **Secondary Infertility**

In Due Time: A Journey Through Infertility, Loss and Embracing the Unknown by Jen Noonan (2015).

Making Meant to Be: One Woman's Journey With Secondary Infertility by Tracy McKay (2012).

More Love to Give. A story of Secondary Infertility, IVF, and the Desperate Quest For Another Child by Helen Davies (2017).

Wanting Another Child: Coping With Secondary Infertility by Harriet Fishman Simons (2007).

### **Third Party Reproduction (egg donation, sperm donation, gestational surrogacy)**

Finding Our Families: A First-of-Its-Kind Book for Donor-Conceived People and Their Families by Wendy Kramer (2013).

Having Your Baby Through Egg Donation; Second Edition by Ellen Glazer and Evelina Sterling (2013).

Helping the stork: The Choices and Challenges of Donor Insemination by Carol Frost Versollone and Heidi Moss (1997).

Mixed Blessings: Building a Family With and Without Donor Help by Olivia Montuschi – [www.dcnetwork.org](http://www.dcnetwork.org)

Mommies, Daddies, Donors, Surrogates: Answering Tough Questions and Building Strong Families by Diane Ehrensaft (2005).

Relative Strangers: Family Life, Genes, and Donor Conception by Petra Nordqvist and C. Smart (2014).

Successful Surrogacy: An Intended Parent's Guide to a Rewarding Relationship With Their Surrogate Mother by Susan Fuller (2015).

Who am I?: Experiences of Donor Conception by Alexina McWhinnie (2006).

### **Explaining Third Party Reproduction to children:**

#### **Age 0-5 Years**

Hope and Will Have a Baby: The Gift of Egg Donation by Irene Celcer (2007).

Hope and Will Have a Baby: The Gift of Embryo Donation by Irene Celcer (2007).

Hope and Will Have a Baby: The Gift of Sperm Donation by Irene Celcer (2007).

Hope and Will Have a Baby: The Gift of Surrogacy by Irene Celcer (2007).

Mommy, Was Your Tummy Big? by Carolina Nadel (2006).

The Center for Family Building "Life Book" by Lisa Schuman - <https://www.familybuilding.net/products/>

The Itsy Bitsy Gift of life by Carmen Jover (2009).

The Pea That was Me: An Egg Donation Story by Kim Kluger-Bell (2012).

The Pea That Was Me: An Embryo Donation Story by Kim Kluger-Bell (2014).

The Pea That Was Me: An IVF Story by Kim Kluger-Bell (2016).

The Pea That Was Me: A Single Mom's Sperm Donation Story by Kim Kluger-Bell (2014).

The Pea That Was Me: A Sperm Donation Story by Kim Kluger-Bell (2013).

The Pea That Was Me: A Two Dad's Egg Donation and Surrogacy Story by Kim Kluger-Bell (2015).

The Pea That Was Me: A Two Mom's Sperm Donation Story by Kim Kluger-Bell (2013).

The Pea That Was Me: Our New Baby by Kim Kluger-Bell (2019) - For families with older children who are donor conceived, having a new baby with help of egg donor.

The Very Kind Koala: A Surrogacy Story for Children by Kim Kluger-Bell (2015).

The Very Special Ducklings: A Very simple story about egg donation by Cirisan, Wava (2005).

You Were Meant to Be by Sherry Keen (2012) – explains egg and sperm donation.

Gaston by Kelly Dipucchio (2014)

## **Ages 5 and Up**

Building My Family: A Story of Egg Donation and Surrogacy by Carrie Eichberg (2017).

Extra! by Kaleigh MacDonald (2018).

Harry the Helper by Linda Stamm (2016) – a family that uses a gestational carrier for another baby.

It's Not the Stork! A Book About Girls, Boys, Families and Friends by Harris (2006).

It's So Amazing: A Book About Eggs, Sperm, Birth, Babies and Families by Harris Robie (2002).

Scarlett's Story: A Tale About Embryo Donation by Linda Stamm and Joan Clipp

Phoebe's Family: A Story About Egg Donation by Linda Stamm (2010) – for heterosexual couples.

Recipes of How Babies are Made by Rosemary Jover Martinez (2007) - all forms of assisted reproduction for middle school aged children.

The Pea That Was Me...and Me...and Me! (How All Kinds of Babies are Made) by Kim Kluger-Bell (2018).

Where Did I Really Come From? by Narelle Wickham (2008) - a guide to puberty which includes assisted reproduction.

## **Childfree Living**

Ever Upward: Overcoming the Lifelong Losses of Infertility to Own a Childfree Life by Justine Brooks Froelker (2015).

Living The Life Unexpected: Plan B to Living Your Life Without Children by Jody Day (2013)

How Did We Get Here? With E & M. (Podcast) – [www.howdidwegetherepodcast.com](http://www.howdidwegetherepodcast.com)

Living Childfree with Erik and Melissa – (Podcast) – [www.livechildfree.com](http://www.livechildfree.com)

I'm Taking My Eggs and Going Home: How One Woman Dared to Say no to Motherhood by Lisa Manterfield (2011).

Life Without Baby: Surviving and Thriving When Motherhood Doesn't Happen by Lisa Manterfield (2016).

The Pursuit of Motherhood by Jessica Hepburn (2013).

Motherhood: Is It for Me? By Ann Davidman (2016)

## **Miscarriage and Loss of Child**

A Guide For Fathers: When a Baby Dies by Tim Nelson (2004).

Empty Arms: Coping With Miscarriage, Stillbirth, and Infant Death: Revised Edition by Sherokee Ilse (2015).

Empty Cradle, Broken Heart: Surviving the Death of Your Baby by Deborah Davis (2016).

I Never Held You: Miscarriage, Grief, Healing, and Recovery by Ellen DuBois and Linda Backman (2006).

It's Okay That You're Not Okay: Meeting Grief and Loss in a Culture That Doesn't Understand by Megan Divine (2017).

Not Broken: An Approachable Guide to Miscarriage and Recurrent Pregnancy Loss by Lora Shahine, MD (2017).

Unspeakable Losses: Healing from Miscarriage, Pregnancy Loss and Abortion by Kimberly Kluger-Bell (2000).

### **Parenting after 40**

But I Don't Feel Too Old to be a Mommy: The Complete Sourcebook for Starting (and Re-Starting) Motherhood Beyond 35 and After 40 by Doreen Nagel (2002).

Hot Flashes, Warm Bottles: First Time Mothers Over Forty by Nancy London (2001).

### **Pregnancy after Infertility and/or loss**

Finding Calm for the Expectant Mom: Tools for Reducing Stress, Anxiety, and Mood Swings During Your Pregnancy by Alice Domar and Sheila Curry Oakes (2016).

Trying Again: A Guide to Pregnancy After Miscarriage, Stillbirth and Infant Loss by Ann Douglas and John Sussman (2000).

### **Pregnancy Decision Making / Multifetal Reduction**

A Time to Decide, a Time to Heal: For Parents Making Difficult Decisions About Babies They Love by Molly Minnick and Kathleen Delp (1992).

Ending a Wanted Pregnancy – [www.endingawantedpregnancy.com](http://www.endingawantedpregnancy.com)

A Heartbreaking Choice – [www.ahartbreakingchoice.com](http://www.ahartbreakingchoice.com)

Our Heartbreaking Choices: Forty-Six Women Share Their Stories of Interrupting a Much-Wanted pregnancy by Christie Brooks (2008).

Precious Pregnancies, Heavy Hearts: A Comprehensive Guide for Families Facing Painful Choices About Their Pregnancy and All Who Share Their Pain by Caroline Smarr (2006).

The Prenatal Bombshell: Help and Hope When Continuing or Ending a Precious Pregnancy After an Abnormal Diagnosis by Stephanie Azri and Sherokee Ilse (2015).

### **Apps**

Beat Infertility (available through App store-free)

Ferticalm.com and Fertistrong.com

Mindful IVF (available through App store – basic free, additional modules available at minimal cost)

CALM (free trial offer through App store) Mindfulness based guided meditations

HeadSpace (same as CALM)

### **CD's**

CCRM's Relaxation and Guided Imagery for Medicated Cycles and General Relaxation for Stress Reduction (available through the Patient Portal on the CCRM website for free download ing in MP3 format)

Health Journeys Guided Meditations Help with Fertility by Bellaruth Naparstek (Amazon)

Imagery and Meditations to Support a Medicated Cycle by Jennifer Bloom (Amazon)

Visualizing Pregnancy by Kathy Freston (Amazon)

### **Documentaries/Movies**

Anonymous Father's Day - [www.anonymousfathersday.com](http://www.anonymousfathersday.com) - Explores the stories of women and men who are the children of sperm donors. Available on Vimeo.

Donor Unknown – [www.donorunknown.com/the-story](http://www.donorunknown.com/the-story) - Donor Unknown follows the story of JoEllen Marsh, 20, as she goes in search of the sperm donor father she only knows as Donor 150. Available on Vimeo.

Don't Talk About The Baby – [www.donttalkaboutthebaby.com](http://www.donttalkaboutthebaby.com) – The first documentary to explore the cultural stigmas surrounding pregnancy loss and infertility. Available on Vimeo and Amazon.

Father Mother Donor Child – [www.vimeo.com/ondemand/fathermotherdonorchild](http://www.vimeo.com/ondemand/fathermotherdonorchild) - A documentary about donor offspring. Available on Vimeo.

One More Shot - [www.onemoreshotfilm.com](http://www.onemoreshotfilm.com) - A film about making modern families. Available on Amazon, on Demand, iTunes, and Vimeo.

Private Life - An author (Kathryn Hahn) is undergoing multiple fertility therapies to get pregnant, putting her relationship with her husband (Paul Giamatti) on edge.

Sperm Donors Anonymous – [www.sensiblefilms.com/portfolio/sperm-donors-anonymous](http://www.sensiblefilms.com/portfolio/sperm-donors-anonymous) - A cautionary and inspiring tale about the effects of anonymous sperm donation on donor-conceived children, their families and on the sperm donors themselves.

### **Mind/Body Programs**

Calling Harmony Hypnotherapy (for women) – Optimizing Fertility in A.R.T – [www.callingharmony.com](http://www.callingharmony.com) – based in Denver.

Eastburn Hypnotherapy – [www.spiritbabywhisperer.com](http://www.spiritbabywhisperer.com) – based in Westminster, CO.

Seeds of Happiness – Mindfulness-based Programs for Fertility + Pregnancy. [www.theMastersCourse.com/CCRM](http://www.theMastersCourse.com/CCRM). Ongoing classes are locally based in Littleton, Denver, and Louisville.

### **Podcasts**

Beat Infertility – [www.beatinfertility.co](http://www.beatinfertility.co)

Creating a Family – [www.creatingafamily.org](http://www.creatingafamily.org)

IVFML: A Huffpost Podcast – [www.acast.com/IVFML](http://www.acast.com/IVFML)

Matt and Doree's Eggcellent Adventure – [www.eggcellentadventure.com](http://www.eggcellentadventure.com)

Modern Babies – [www.acast.com/modernbabies](http://www.acast.com/modernbabies)

The Fertile Nest – [www.thefertilenest.com](http://www.thefertilenest.com)

The Fertility Friday Podcast – [www.fertilityfriday.com](http://www.fertilityfriday.com)

The Fertility Podcast – [www.thefertilitypodcast.com](http://www.thefertilitypodcast.com)

Waiting for Babies – [www.waitingforbabies.com](http://www.waitingforbabies.com)

Your Fertility Hub – [www.yourfertilityhub/podcast](http://www.yourfertilityhub/podcast)

### **Websites**

American Society for Reproductive Medicine – [www.asrm.org](http://www.asrm.org)

Books for Donor Kids - [www.booksfordonorkids.com](http://www.booksfordonorkids.com)

Books for Donor Offspring - [www.booksfordonoroffspring.blogspot.com](http://www.booksfordonoroffspring.blogspot.com)

Circle + Bloom - [www.circlebloom.com](http://www.circlebloom.com)

Creating a Family – [www.creatingafamily.org](http://www.creatingafamily.org)

Donor Conception Network [www.DCN.org](http://www.DCN.org) - Very informative website for anyone using donor procedures, many articles and interviews with children and young adults who are donor conceived. The group has an excellent book on Talking and Telling for all ages.

Donor Sibling Registry – [www.donorsiblingregistry.com](http://www.donorsiblingregistry.com)

Don't Count Your Eggs (Embryo donation blog) – [www.dontcountyoureggs.typepad.com](http://www.dontcountyoureggs.typepad.com)

Fertility Smarts – [www.fertilitysmarts.com](http://www.fertilitysmarts.com)

Moms in the Making Faith Based Group – [www.momsinthemakinggroup.com](http://www.momsinthemakinggroup.com)

Parents Via Egg Donation - [www.parentsviaeggdonation.com](http://www.parentsviaeggdonation.com) (or PVED.com)

RESOLVE – [www.resolve.org](http://www.resolve.org)

Smart Fertility Choices – [www.smartfertilitychoices.com](http://www.smartfertilitychoices.com)

The Center for Family Building – [www.familybuilding.net](http://www.familybuilding.net)

We are Donor Conceived - [www.wearedonorconceived.com](http://www.wearedonorconceived.com) – Helpful resources tab.