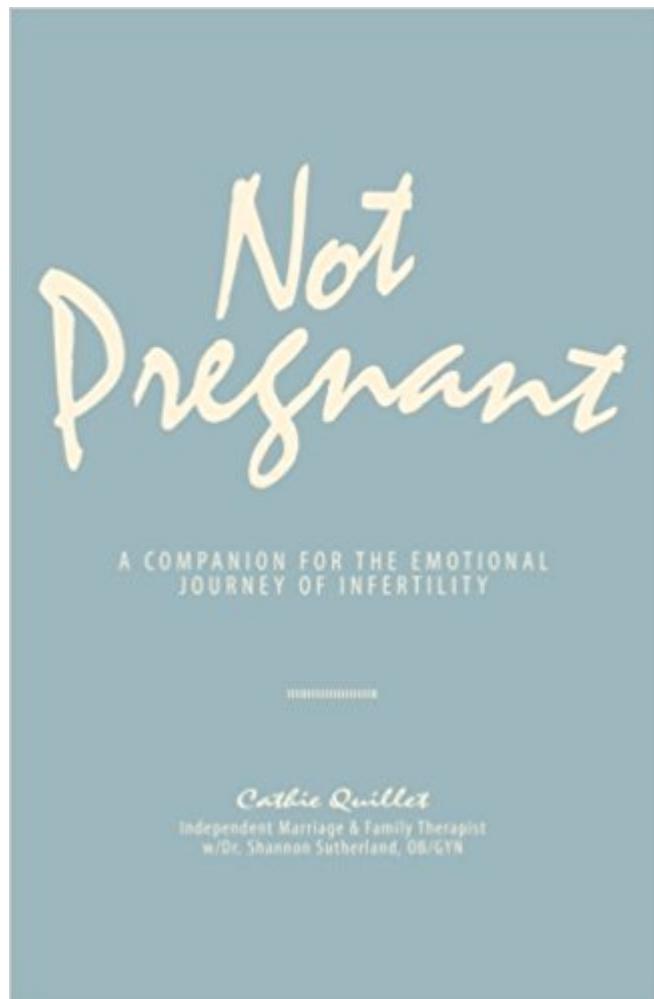


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# Not Pregnant



## Synopsis

Maybe you have suffered a miscarriage. Maybe you have been told you cannot have children. Maybe you have followed every bit of advice from every doctor and self-help book, but you still aren't seeing that pink plus sign. Many women face the disheartening struggle of infertility in silence. Between the feelings of shame, the strain on marriages, and the loads of money spent on medicines and failed procedures, they don't want to admit what they often see as a personal flaw: that they cannot bear children. After four miscarriages and years of infertility, Cathie Quillet felt stuck and alone in her negative emotions. In *Not Pregnant*, Quillet offers a place for women who are experiencing infertility to come together, validate their emotions, and let go of their pain. This motivational and comforting book addresses the infertility's effects on sex and marriage, handling the public's general ignorance about infertility, miscarriages, the plethora of emotions experienced, hormonal changes with fertility medications, and how to move on with your life. With real stories from women who have been there and an added scientific perspective from ob-gyn Dr. Shannon Sutherland, *Not Pregnant* is the emotional companion you need when it seems like no one else gets it.

## Book Information

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## Customer Reviews

Cathie Quillet has been working with couples for years as an independent marriage and family therapist. Unable to have children, Quillet is familiar with all of the complexities of the infertile journey. *Not Pregnant* is a compilation of tough lessons she learned and what no one warns you about when standing face-to-face with infertility. In addition, Quillet collaborated with her ob-gyn, Dr.

Shannon Sutherland, to further explain the medical side of infertility.

You can't imagine how much this book has helped me deal with the daily struggles of infertility. I received the book yesterday and am already through half of it. There is so much "clinical" information that comes with infertility, but it is so hard to find a resource that focuses on the emotional side of the struggle. Thank you!

This a must read for any husband and wife going through infertility issues. Secondly, it addresses the importance of couples working together and supporting each other during any difficult situation in their lives. Thirdly, it is a worthwhile read for those of us who have never had to deal with infertility in our lives, but who haven't known how to react and support those of our friends who have.

Encouraging, very real, wonderful info for both men and women, gives hope and is full of support. This amazing story comes from the heart and takes you on Cathie's and Tyler's amazing journey. I would recommend this easy, emotional and sometimes funny book to anyone who is experiencing or anyone that knows someone with infertility.

I sat down to read this book and couldn't put it down. I finished it in just one sitting. It was AMAZING! This book did an absolutely beautiful job of capturing every aspect of infertility as well as sharing advice for those going through it or know someone who is. It's sensitive, informative, emotional, with the perfect dose of humor. Please get this book regardless of your story, it will add to your life as well as others immensely.

This was an amazing book that walks you through the different emotions that a woman going through these struggles feels! Not only a great read for women who struggle with not being pregnant but their significant others, family and friends!

When dealing with infertility you always wonder if you should be feeling how you are feeling. This book helps you validate all your feelings! I could relate to almost everything she said. The stories within the book are very inspiring!

Truly puts into words the journey of infertility and loss/miscarriage - a very moving book that reminds all of the pure humanity of being human and provokes feelings of simply being okay.

No words for this book. Just 100% validating and needed for any woman struggling with infertility.

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