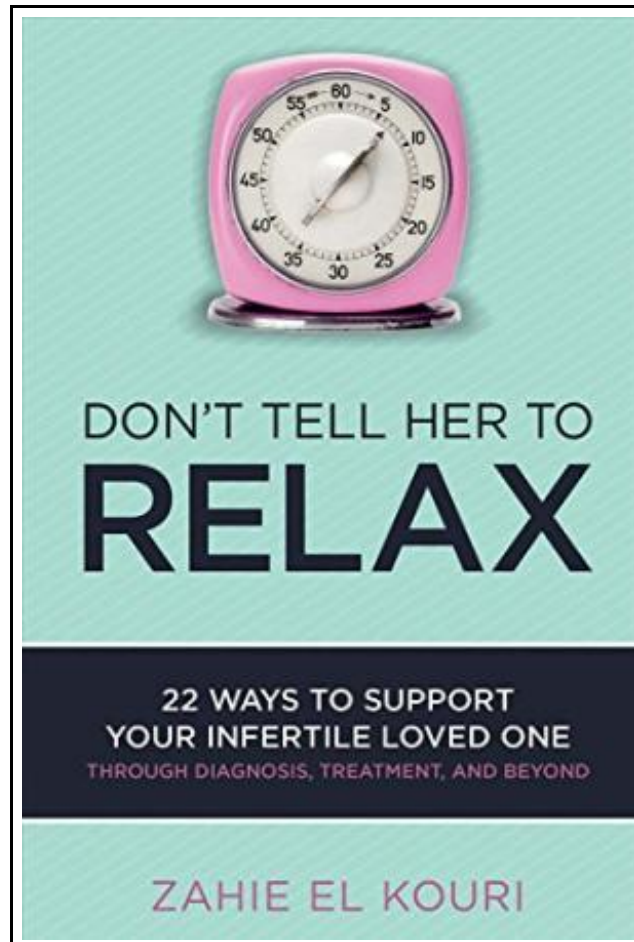


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BookBaby, United States, 2015. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book. In clear and candid prose, Zahie El Kouri has written a valuable how-to guide for family members and friends of women dealing with fertility issues. With practical advice on a multitude of topics, she demystifies the emotions surrounding conception difficulties and provides us with tools that enable understanding and compassion. --Melissa Hart, *Wild Within: How Rescuing Owls Inspired a Family* **Don t Tell Her to Relax** is an invaluable and powerful resource for the millions of friends and family who wish to support their loved one through the crisis of infertility. I am grateful that Zahie El Kouri has chosen to bring forth purpose from her own painful journey to provide such a meaningful, much needed guide on this topic. It is simply a **MUST READ!** - Dustyn Williams, LMHC Founder of Infertility Counseling Center of Jacksonville So often, people experiencing infertility are overwhelmed and overstressed; they do not have the mental and emotional energy to educate their friends and family about what they are experiencing, and perhaps more importantly, what they need. This book does an excellent job of explaining it all for them. I highly recommend this book to anyone who wants to be supportive of someone struggling with infertility, and I plan to use it as a resource in my clinical practice. -- Lisa Rouff, Ph.D., Clinical Psychologist, former member of Board of Directors for Illinois Chapter of Resolve, member of Mental Health Professional Group of the American Society of Reproductive Medicine. A concise, easy-to-read book, providing valuable first-hand experience on how to approach and emotionally support your loved one going through fertility treatment. --Dr. Michael L. Freeman, Florida Institute for Reproductive Medicine.



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