



## BOOKSTORE

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### INFERTILITY

#### ***The Emotional Side of Infertility***

By Chrissie Jones

Sympathetically written by a woman who has experienced infertility & has listened to numerous other couples describe their journeys. Highlights feelings commonly experienced, & in a clear, easy-to-follow way, suggests coping strategies.

#### ***In Pursuit of Parenthood: Real-life***

***Experiences of IVF*** By Kate Brian

A sensitive, well-researched account of each stage of treatment, including strategies for coping with the intense psychological stress. Real-life couples share their experiences in a series of in-depth interviews covering a wide range of circumstances & outcomes.

#### ***Overcoming Infertility: A Compassionate Resource for Getting Pregnant***

By Dr. Robert Jansen

A uniquely holistic view by an internationally-known fertility expert who examines possible causes; explains testing methods; discusses potential treatments (medication, microsurgery, IVF/GIFT, surrogacy, sperm/egg donation); & weighs the physical & psychological costs & benefits of each.

#### ***The Pregnancy Prescription: The Success-Oriented Approach to Overcoming Infertility***

By Dr. Hugh Melnick & Nancy Intrator

A strategy for helping you conceive as quickly & cost-effectively as possible: a step-by-step plan for using the newest technology to bypass (rather than correct) those stages in the reproductive process which appear most likely to be preventing you from becoming pregnant.

#### ***Sweet Grapes: How to Stop Being Infertile & Start Living Again***

By Jean & Michael Carter

Communication & decision-making to empower couples to reclaim control of their lives, plus childfree living as a positive option.

#### ***Taking Charge of Infertility***

By Patricia Irwin Johnston

A handbook to assist with the emotional & psychological issues which accompany

infertility & help couples communicate realistically & effectively at a difficult time.

#### ***Understanding Infertility: Insights for Family & Friends***

By Patricia Irwin Johnston

An introduction for the caring, but uninformed, to infertility's potential losses. Discusses the impact fertility impairment has on financial, physical, emotional & temporal resources. Points out potential insensitivities. Corrects myths & misinformation.

### DONOR CONCEPTION (adults)

#### ***The Anonymous Us Project: A Story-Collective on 3rd Party Reproduction***

Edited by Alana S. Newman, donor offspring

Personal stories by offspring, parents, donors, surrogates, adoptees & birthparents, written in the hope of inspiring more truth & transparency, & helping to shape healthier families & happier people.

#### ***Behind Closed Doors: Moving Beyond Secrecy & Shame***

Edited by Mikki Morrisette & the Donor Sibling Registry

Essays by a DI dad, a formerly anonymous donor, Wendy Kramer (Donor Sibling Registry), Olivia Montuschi (Donor Conception Network) & 3 donor offspring. Designed to enable more open conversation for families, plus recommendations for change within the industry.

#### ***Building a Family with the Assistance of Donor Insemination***

By Ken Daniels, Professor of Social Work; counsellor; researcher; policy consultant to governments, professional & patient organizations; leader of patient preparation seminars.

Combines research by the author & others, along with many years of conversations with offspring, donors, single, lesbian & heterosexual parents around the world, into a book that will contribute to the health & well-being of families everywhere. Parents share their stories, thoughts & feelings.

#### ***Choosing Single Motherhood:***

#### ***The Thinking Woman's Guide***

By Mikki Morrisette

Based on extensive up-to-date research, advice from child experts & family therapists, & conversations with more than

100 single women & their children, this book explores such issues as: Can I afford to do this? Should I wait longer to see if life turns a new corner? How do single moms handle the stress? What are the effects on the child? How do I answer a child's questions about "daddy?" Pros & cons of using a known, open-identity or anonymous donor.

#### ***Experiences of Donor Conception: Parents, Offspring & Donors through the Years***

By Caroline Lorbach, Mother of 3 children via DI. Consumer advocate for the Donor Conception Support Group of Australia.

Draws on the experiences of married, single & lesbian parents from families using sperm, egg & embryo donation; offspring; & donors. Explores the process from finding out about an infertility problem, deciding on donor conception, choosing a donor, discussing the decision with others, to considering whether & how to tell children about their conception, & how adult offspring feel. Practical suggestions, as well as in-depth consideration of the emotional & ethical issues involved, including access to information about the donor.

#### ***Families Following Assisted Conception: What Do We Tell Our Child?***

By Dr. Alexina McWhinnie

Deals with the question of secrecy & openness in families who have children following DI, IVF & surrogacy. Addresses parents' doubts, uncertainties & concerns. Offers the experiences & views of those who have already had to deal with these issues & the ensuing dilemmas in their daily lives as their children grow towards adulthood.

#### ***Finding Our Families***

By Wendy Kramer & Naomi Kahn

An invaluable resource for parents, patients, offspring, parents, mental & medical health professionals, ethicists & policy-makers which draws on the experiences & inspirational stories of donor-conceived people, their family members & extensive research to honestly & sensitively explore the challenges, complexities & joys involved. Offers thoughtful & practical strategies to support a child's natural curiosity about their ancestry, genetic & medical background; integrate their birth story into a healthy

self-image; & search for their donor &/or half-siblings if they choose to do so.

### **Having Your Baby Through Egg**

**Donation** *By Ellen Sarasohn Glazer, MSW*  
Compassionate support & essential information on the medical, ethical & psychological aspects to help married, single or lesbian women & their partners, as well as gay men/couples, decide whether egg donation is right for them, using an anonymous or known donor.

### **Mommies, Daddies, Donors, Surrogates: Answering Tough**

**Questions & Building Strong Families**  
*By Diane Ehrensaft, PhD; Psychologist*  
Addresses & empathizes with the complicated thoughts & feelings that can arise before & after heterosexual, lesbian or single parent family creation, while keeping a strong focus on the developmental needs of children.

### **The Offspring Speak: Report on the 2000 International Conference of Donor Offspring**

*By Sherry (Franz) Dale, MSW, & Diane Allen, Executive Director, Infertility Network*  
93 page report highlights themes & recommendations arising from the conference. Includes a complete transcript of presentations by offspring & various experts, along with position papers from support organizations around the world.

### **Relative Strangers: Family Life, Genes & Donor Conception**

*By Petra Nordqvist & Carol Smart*  
The authors explore the lived reality of donor conception in families by using in-depth interviews with parents & grandparents as they face the issue of incorporating 'relative strangers' into their families.

### **The Right to Know One's Origins**

*Edited by Juliet Guichon, Ian Mitchell, & Michelle Giroux*  
Essays by offspring, health scientists, ethicists & legal scholars re secrecy, donor anonymity, international & domestic law, proposals for legislative change.

### **Sperm Donor Offspring: Identity & Other Experiences**

*By Lynne Spencer, RN, MA (Psych); Offspring*  
Explores how being an offspring affects people's life experience & identity. Common themes: family secrecy, identity confusion, a sense of not fitting in & a need for ancestral connection. Includes resources for support.

### **Telling & Talking About Donor Conception**

*By the Donor Conception Network (DCN)*  
Written by a DCN co-founder (herself a parent of donor conceived young people & a parenting educator), these books provide parents with a source of emotional support & practical guidance in finding the right time & language. Separate versions for telling children of various ages (0-7, 8-11, 12-16, 17+) & friends/family, as well as a guide for relatives & friends, drawn from real family experiences of mums, dads, solo mums & lesbian couples.

### **Third Party Assisted Conception Across Cultures: Social, Legal & Ethical Perspectives**

*Edited by Eric Blyth & Ruth Landau*  
Authors from a broad range of professional backgrounds & 13 different countries in North & South America, Africa, Europe, Asia & Australasia address many contemporary social issues including the role of the state in family creation, the changing forms & conceptualizations of a 'family,' & concerns about the potential commodification of body-parts & functions.

### **Truth & the Child 10 Years On: Information Exchange in Donor**

**Assisted Conception** *Edited by Eric Blyth, Marilyn Crawshaw & Jennifer Speirs*  
Essays by donor offspring, egg donors, a DI mother, a mother through surrogacy, a family through adoption, as well as counsellors, researchers & lawyers, on the rights & needs of those born following assisted conception to know about their genetic origins.

### **Who Am I? Experiences of Donor Conception**

Essays by offspring about the impact of donor conception on themselves & their families, plus reflections by Dr. Alexina McWhinnie, a social researcher who has worked extensively in the area of assisted conception.

## **DONOR CONCEPTION** (illustrated storybooks for children)

### **Just the Baby for Me**

*By Barbara Sue Levin*  
Helps young children born to single mothers by choice understand their conception in a way that is warm, clear & easy to follow.

### **Mommy, Did I Grow in Your Tummy?**

**Where Many Babies Come From**  
*By Elaine Gordon, PhD (Revised 2011)*  
Helps heterosexual couples talk to their young children in a way that helps the child

feel good about their origins (eg IVF, donor sperm or egg, surrogacy, adoption).

### **Our Story**

*Published by the Donor Conception Network*  
Clear, sensitive & straightforward explanations about how children were conceived & became part of their family. Separate versions for children 3-6 born through DI to heterosexual couples, single mothers or lesbian couples; or by egg donation, or double (sperm & egg) donation or embryo donation, to heterosexual couples.

### **The Story of Our Family: For lesbian families with children via DI**

*By Petra Thorn (social worker) & Lisa Green (psychologist; lesbian parent of 3 via DI)*  
A beautifully illustrated, hardcover book for children 3-6 born to lesbian couples which explains in simple terms the parents' love for each other, their wish for a child, conception via (medically assisted or self-insemination) DI, & their joy over the child's birth. Includes a place to insert a photo of the child & the family, and Green's personal story of explaining family formation to her children.

## **ADOPTION**

### **Adopting: Sound Choices, Strong Families** *By Patricia Irwin Johnston*

Provides support & practical advice through the decision-making, preparation, emotional journey & experience of adopting. For heterosexual or same-sex couples, singles, family members & friends, as well as professionals.

### **Adopting Your Child: Options, Answers & Actions** *By Nancy Thalia Reynolds*

Checklists & worksheets help prospective parents devise a strategy to keep their adoption plans on track. Every step in public & private adoption is explored. Learn about facilitators, social workers & legal professionals.

### **Launching a Baby's Adoption: Practical Strategies for Parents & Professionals**

*By Patricia Irwin Johnston*  
Topics include getting ready, practical strategies for promoting attachment, making choices, adjustments for parenting partners, coping with insensitivity from others, post-arrival blues, bringing family & friends aboard, what to do if a birthparent has a change of heart, deciding what's an adoption issue & what's not, etc.