



## RECOMMENDED READING LIST

A LIST OF BOOKS COMPILED BY THE STAFF OF COVINGTON & HAFKIN AND ASSOCIATES

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### General Infertility

Blitzer, Barbara. *The Infertility Workbook: A Mind-Body Program to Enhance Fertility, Reduce Stress, and Maintain Emotional Balance*. New Harbinger Publications, Inc., 2011.

Charlesworth, Liza. *The Couple's Guide to In Vitro Fertilization: Everything You Need to Know to Maximize Your Chances of Success*. Da Capo Press, 2004.

Daniluk, Judith C. *The Infertility Survival Guide: Everything You Need to Know to Cope with the Challenges While Maintaining Your Sanity, Dignity, and Relationships*. New Harbinger, 2001.

Domar, Alice D., and Levert, Suzanne. *Conquering Infertility: Dr. Alice Domar's Mind/Body Guide to Enhancing Fertility and Coping with Infertility*. Penguin Books, 2004.

Ford, Melissa. *Navigating the Land of If: Understanding Infertility and Exploring Your Options*. Seal Press, 2009.

Glazer, Ellen Sarasohn. *The Long-Awaited Stork: A Guide to Parenting After Infertility*. Jossey-Bass, 1998.

Jaffe, Janet, Diamond, David, and Diamond, Martha. *Unsung Lullabies: Understanding and Coping with Infertility*. St. Martin's Griffin, NY, 2005.

Kinsey, Danielle. *Journey to Destiny, Travelling Through Infertility*. iUniverse, 2011.

Nadeau, Jenna Currier, and Nadeau, Mike. *The Empty Picture Frame: An Inconceivable Journey Through Infertility*. Outskirts Press, 2007.

Orenstein, Peggy. *Waiting for Daisy: A Tale of Two Continents, Three religions, Five Infertility Doctors, an Oscar, an Atomic Bomb, a Romantic Night, and One Woman's Quest to Become a Mother*. Bloomsbury, 2007.

Resolve, Aronson, Diane, and Levert, Suzanne. *Resolving Infertility*. Harper Collins, 2001.

Swire-Falker, Elizabeth. *The Infertility Survival Handbook*. Riverhead Trade, 2004.

Waits, Kristine. *Every Drunken Cheerleader: Why Not Me?* Endurance Publishing, 2010.

## **The Male Experience of Infertility**

Rawlings, David, and Looi, Karen. *Swimming Upstream: The Struggle to Conceive*. (Available at <http://access.org.au/?p=256>).

Sedeka, Marc. *What He Can Expect When She's Not Expecting*. Skyhorse Publishing, 2011.

Shover, Leslie R and Thomas, Anthony J. *Overcoming Male Infertility: Understanding Causes and Treatments*. Wiley & Sons, 2000.

Wolfe, Greg. *How to Make Love to a Plastic Cup*. HarperCollins Publishers, 2010.

## **PCOS (Polycystic Ovarian Syndrome)**

Grassi, Angela and Mattei, Stephanie B. *The PCOS Workbook: Your Guide to Complete Physical and Emotional Health*. Luca Publishing, 2009.

Vliet, Elizabeth Lee. *The Savvy Woman's Guide To PCOS*. The Savvy Woman's Guide Publishing, Inc., 2006.

## **Single Mothers**

Hertz, Rosanna. *Single by Chance, Mothers by Choice: How Women are Choosing Parenthood Without Marriage and Creating the New American Family*. Oxford University Press, USA, 2008.

Morrisette, Mikki. *Choosing Single Motherhood: The Thinking Woman's Guide*. Houghton Mifflin Company, 2008.

## **LGBT**

Aizley, Harlyn. *Confessions of the Other Mother: Non-Biological Lesbian Moms Tell All*. Beacon Press, 2006.

Clifford, Denis, Hertz, Frederick, and Doskow, Emily. *A Legal Guide for Lesbian and Gay Couples*. Nolo, 2007.

Miller, Amie Klempnauer. *She Looks Just Like You: A Memoir of (Nonbiological Lesbian) Motherhood*. Beacon Press, 2010.

Pepper, Rachel. *The Ultimate Guide to Pregnancy for Lesbians: How to Stay Sane and Care for Yourself from Pre-conception through Birth, 2<sup>nd</sup> Edition*. Cleis Press Inc., 2005.

## **Secondary Infertility**

Simons, Harriet Fishman. *Wanting Another Child: Coping with Secondary Infertility*. Jossey-Bass, Incorporated Publishers, 2007.

\*\*Books in the “General Infertility” Section (above) of this list that also have good chapters on secondary infertility include: *The Long Awaited Stork: Parenting After Infertility*, by Ellen Sarasohn Glazer; and *Conquering Infertility*, by Alice Domar.

### **Pregnancy Loss/Miscarriage**

Allen, Marie and Marks, Shelly. *Miscarriage: Women Sharing from the Heart*. Jon Wiley & Sons, Inc., 1993.

Cohen, Jon. *Coming to Term: Uncovering the Truth About Miscarriage*. Rutgers University Press, 2007.

Davis, Deborah L. *Empty Cradle, Broken Heart*. Fulcrum Publishing. 1996. *(Includes a chapter on prenatal diagnosis and the burden of choice)*

Kluger-Bell, Kim. *Unspeakable Losses: Healing from Miscarriage, Abortion, and Other Pregnancy Loss*. Harper Collins, 2000.

McCracken, Elizabeth. *An Exact Replica of a Figment of My Imagination: A Memoir*. Little, Brown and Company, 2008.

Kohn, Ingrid, Wilkins, Isabelle A., and Moffitt, Perry-Lynn. *A Silent Sorrow: Pregnancy Loss—Guidance and Support for you and Your Family*. Taylor & Francis, Inc., 2000. *(Includes a chapter on prenatal diagnosis and the burden of choice)*

### **For Parents Receiving News of a Fetal Anomaly/Experiencing Pregnancy Interruption for a Fetal Anomaly**

Brooks, Christie. *Our Heartbreaking Choices: Forty-Six Women Share Their Stories of Interrupting a Much-Wanted Pregnancy*. iUniverse, Inc., 2008.

Ilse, Sherokee. *Precious Lives Painful Choices: A Prenatal Decision-Making Guide*. Wintergreen Press, 2005.

Mayer-Whittington, Nancy. *For the Love of Angela*. Saint Catherine of Siena Press, 2007.

*Also see books in Pregnancy Loss/Miscarriage section that are noted to include a chapter on prenatal diagnosis and the burden of choice.*

### **Abortion/Elective Termination**

DePuy, Candace and Dovitch, Dana. *The Healing Choice: Your Guide to Emotional Recovery After an Abortion*. Fireside, 1997.

Torre-Bueno, Ava. *Peace After Abortion*. Pimpernel Press, 1997.

### **Third- Party Reproduction**

Daniels, Ken. *Building a Family with the Assistance of Donor Insemination*. Dunmore Press, 2004.

Davis, Lennard J. *Go Ask Your Father: One Man's Obsession with finding His Origins Through DNA Testing*. Bantam Dell, 2009.

Donor Conception Network. *Mixed Blessings: Building a Family With and Without Donor Help*. 2012. (Available at [www.dcnetwork.org](http://www.dcnetwork.org))

Donor Conception Network. *Talking and Telling*. Series of four booklets and a film that serve as a resource for support and guidance to parents talking to their children conceived through third party reproduction. Separate booklets for parents of children at distinct developmental stages – 0-7, 8-11, 12-16, 17-adult. (Available at [www.dcnetwork.org](http://www.dcnetwork.org))

Ehrensaft, Diane. *Mommies, Daddies, Donors, Surrogates: Answering Tough Questions and Building Strong Families*. Guilford Press, 2005.

Golombok, Susan. *Modern Families: Parents and Children in New Family Forms*. Cambridge Univ Press, 2015

Glazer, Ellen Sarasohn, and Sterling, Evelina Weidman. *Having Your Baby Through Egg Donation*. Perspectives Press, 2005.

Griswold, Zara. *Surrogacy was the Way: Twenty Intended Mothers Tell Their Stories*. Nightengale Press, 2006.

Lorbach, Caroline. *Experiences of Donor Conception: Parents, Offspring, and Donors Through the Years*. Jessica Kingsley Publishers, 2003.

Mundy, Liza. *Everything Conceivable: How the Science of Assisted Reproduction is Changing our World*. Anchor Books, 2008.

Pettle, Sharon, and Burns, Jan. *Choosing to Be Open About Donor Conception: The Experiences of Parents*. Donor Conception Network. (Available at [www.dcnetwork.org](http://www.dcnetwork.org))

Vercollone, Carol Frost, Moss, Robert, and Moss, Heidi. *Helping the Stork: The Choices and Challenges in Donor Insemination*. Macmillan Publishing Company, Incorporated, 1997.

Zeigler, Stacy. *Pathways to Parenthood: The Ultimate Guide to Surrogacy*. Brown Walker Press, 2004.

### **Adoption**

Brodzinsky, David M. *Adoption by Lesbians and Gay Men: A New Dimension in Family Diversity*. Oxford University Press, 2011.

Brodzinsky, David M., Schechter, Marshall D., & Henig, Robin Marantz. *Being Adopted: The Lifelong Search for Self*. Anchor, 1993.

Cranshaw, Marilyn and Balen, Rachel. *Adopting After Infertility: Practice, Research and Personal Experience*. Jessica Kingsley Publishers, 2010.

Johnston, Patricia Irwin. *Adopting After Infertility*. Perspectives Press, 1994.

Johnston, Patricia Irwin. *Adopting: Sound Choices, Strong Families*. Perspectives Press, 2008.

Pavao, Joyce. *The Family of Adoption: Completely Revised and Updated*. Beacon Press, 2005.

### **Parenting Over 40**

London, Nancy. *Hot Flashes Warm Bottles: First-Time Mothers Over 40*. Celestial Arts, 2001.

### **Living Child-Free**

Carter, Jean W., and Carter, Michael. *Sweet Grapes: How to Stop Being Infertile and Start Living Again*. Perspectives Press, 1998.

Manterfield, Lisa. *I'm Taking My eggs and Going Home*. Steel Rose Press, 2010.

Tsigdinos, Pamela Mahoney. *Silent Sorority: A Barren Woman Gets Busy, Angry, Lost and Found*. BookSurge Publishing, 2009.

### **Books for Children**

Schulman, Lisa. *The Life Book (...will tell the story of how your child was born in your heart and arrived at your home)*. The Center for Family Building, NY.

<https://www.familybuilding.net/products/> [use passcode "family" for 25% discount.]

### **Egg Donation:**

Bourne, Kate. *Sometimes It Takes Three to Make A Baby: Explaining Egg Donor Conception to Young Children*. Melbourne IVF, 2002. (Free online access available at <https://www.varta.org.au/resources/publications/sometimes-it-takes-three-make-baby>) (Ages 3-9)

Cecler, Irene. *Hope & Will Have a Baby: The Gift of Egg Donation*. Graphite Press, 2007. (Ages 3-10)

Donor Conception Network. *Our Story (Egg donation in heterosexual couples)* (Available at [www.dcnetwork.org](http://www.dcnetwork.org)) (Ages 3-6)

Grimes, Janice. *Before You Were Born.....Our Wish for a Baby: The Story of a Donor Egg*. X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Jover, Carmen Martinez. *A Tiny Itsy Bitsy Gift of Life: An Egg Donor Story*. 2005. (Also Available in Spanish at [www.carmenmartinezjover.com](http://www.carmenmartinezjover.com)) (Ages 2-6)

Jover, Carmen Martinez. *A Tiny Itsy Bitsy Gift of Life: An Egg Donor Story (for boys)*. 2009. (Also Available in Spanish at [www.carmenmartinezjover.com](http://www.carmenmartinezjover.com)) (Ages 2-6)

Kluger-Bell, Kimberly. *The Pea That Was Me: An Egg Donation Story*. CreateSpace, 2012.

Margolis, Amy. *Butterflies and Magical Wings*. Amy Margolis Publishing, 2006. (Available at <https://www.abebooks.com/book-search/isbn/9780977669202/>) (Ages 5-12)

Ms. Reen. *The Dancing Fish and the Clever Crab*. ObO Books Inc., 2015.

Nadel, Carolina. *Mommy, Was Your Tummy Big?* Mookind Press, 2007. (Ages 2-6)

Noble, Kim. *One More Giraffe*. 48HrBooks, 2009. (Ages 1-3)

Shackleton, Sarah and Coulson, Gillian. *Tabitha and Timothy Grow a Flower*. Conceptual Books, 2010. (Ages 2-6)

Stamm, Linda. *Phoebe's Family: A Story About Egg Donation*. Graphite Press, 2010. (Ages 4-9)

### **Sperm Donation:**

Celcer, Irene. *Hope & Will Have a Baby: The Gift of Sperm Donation*. Graphite Press, 2007. (Ages 3-10)

Donor Conception Network. *Our Story (Sperm donation in heterosexual couples)*. (Available at [www.dcnetwork.org](http://www.dcnetwork.org)) (Ages 3-6)

Grimes, Janice. *Before You Were Born.....Our Wish for a Baby: The Story Of Donor Insemination*. X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Grimes, Janice. *Before You Were Born.....Our Wish for a Baby: The Story Of Donor Sperm (IVF)*. X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Kluger-Bell, Kimberly. *The Pea That Was Me: A Sperm Donation Story*. CreateSpace, 2013.

Ms. Reen. *The Dancing Fish and the Clever Crab*. ObO Books Inc., 2015.

### **Embryo Donation:**

Barrett, Chris E. & Hunter, Sally B. *Training Wheels: How Did I Get Here?* National Embryo Donation Center, 2011.

Celcer, Irene. *Hope & Will Have a Baby: The Gift of Embryo Donation*. Graphite Press, 2007. (Ages 3-10)

Donor Conception Network. *Our Story (Double or Embryo donation for heterosexual couples)*. (Available at [www.dcnetwork.org](http://www.dcnetwork.org)) (Ages 3-6)

Grimes, Janice. *Before You Were Born.....Our Wish for a Baby: The Story Of A Donor Embryo*. X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Kluger-Bell, Kimberly. *The Pea That Was Me: An Embryo Donation Story*. Create Space, 2013.

Ward, Beverly. **Archie Nolan: Family Detective**. (Available at [www.dcnetwork.org](http://www.dcnetwork.org)) (Ages 8-12)  
**Gestational Carrier/Surrogacy:**

Celcer, Irene. *Hope & Will Have a Baby: The Gift of Surrogacy*. Graphite Press, 2007. (Ages 3-10)

Grimes, Janice. *Before You Were Born.....Our Wish for a Baby: The Story Of A Gestational Carrier*. X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Kluger-Bell, Kimberly. *The Very Kind Koala: A Surrogacy Story For Children*. CreateSpace, 2013.

Lewis-Long, Carla. *Why I'm So Special: A Book About Surrogacy*. AuthorHouse, 2010. (Ages 2-5)

Martin, Tamra. *Surrogacy, A Magical Delivery*. Eloquent Books, 2010.

**Gestational Carrier and Egg Donor**

Summer, Molly. *Mom and Dad and the Journey They Had!* CreateSpace, 2010.

**For Children of Gestational Carriers:**

LaMothe, Sharon & Rella, Tina. *Surrogacy Helps Make a Family Grow*. CreateSpace, 2010.

Pellet, Sarah Phillips. *The Kangaroo Pouch*. Trafford Publishing, 2006. (Ages 2-6)

Poston, Karen. *A Baby for Mabel and Frederick*. 2005. (Ages 4-8)

Reeder, Jill Hancock. *Once Upon A Surrogate: The Stork's Helpers*. 2010. (Available at <http://surrogacybooks.blogspot.com>)

**Simple Explanations of Different Methods Used to Conceive/Carry Children:**

Gordon, Elaine R. *Mommy, Did I Grow in Your Tummy? Where Many Babies Come From*. E.M. Greenburg Press, Inc., 2011. (also includes adoption) (Ages 3-5)

Jover, Carmen Martinez. *Recipes of How Babies are Made*. 2007. (Also Available in Spanish at [www.carmenmartinezjover.com](http://www.carmenmartinezjover.com)) (also includes adoption) (Ages 4-8)

Silverberg, Cory. *What Makes A Baby*. Triangle Square, 2013. (Ages 4-8)

Troute-Wood, Tammy and Gough Brent Patrick. *I Love My Family*. 2011. (Ages 3-5)

Ward, Beverly. **Archie Nolan: Family Detective**. (Available at [www.dcnetwork.org](http://www.dcnetwork.org)) (Ages 8-12)



**LGBT:**

Donor Conception Network. *Our Story (Sperm donation for lesbian couples)* (Available at [www.dcnetwork.org](http://www.dcnetwork.org)) (Ages 3-6)

Donor Conception Network. *Our Story (Double/embryo donation for lesbian families – single baby) - After purchase you will be emailed with questions to customize this book for your situation.* (Available at [www.dcnetwork.org](http://www.dcnetwork.org)) (Ages 3-6)

Donor Conception Network. *Our Story (Double/embryo donation for lesbian families – twins) - After purchase you will be emailed with questions to customize this book for your situation.* (Available at [www.dcnetwork.org](http://www.dcnetwork.org)) (Ages 3-6)

Grimes, Janice. *Before You Were Born.....Our Wish for a Baby: A Baby Conceived for Female Partners.* X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Grimes, Janice. *Before You Were Born.....Our Wish for a Baby: A Baby Conceived for Male Partners.* X, Y, and Me Books, 2004. (Available at [www.xyandme.com](http://www.xyandme.com)) (Ages 2-6)

Jover, Carmen Martinez. *The Twin Kangaroo Treasure Hunt: A Gay Parenting Story.* Carmen Martinez Jover, 2013. (Also Available in Spanish at [www.carmenmartinezjover.com](http://www.carmenmartinezjover.com)) (Ages 4-8)

Kluger-Bell, Kimberly. *The Pea That Was Me: A Two Moms' Sperm Donation Story.* CreateSpace, 2014.

Kluger-Bell, Kimberly. *The Pea That Was Me: A Two Dads' Egg Donation and Surrogacy Story.* CreateSpace, 2014.

Lewis-Long, Carla. *Why I'm So Special: A Book About Surrogacy With Two Daddies.* AuthorHouse, 2011. (Ages 2-5)

Rella, Tina. *Daddy and Pop.* CreateSpace, 2010.

Rella, Tina. *Mom, Mama, and Me...And How I Came To Be!* CreateSpace, 2010.

Richardson, Justin and Parnell, Peter. *And Tango Makes Three.* Simon and Schuster, 2005. (Ages 2-6)

**Single Mothers:**

Jover, Carmen Martinez. *Somy's Search: A Single Mum by Choice Story.* Carmen Martinez Jover, 2014. (Also Available in Spanish at [www.carmenmartinezjover.com](http://www.carmenmartinezjover.com))

Clay, George Anne. *Why Don't I Have a Daddy?* AuthorHouse, 2008. (Ages 2-7)

Donor Conception Network. *Our Story (Sperm donation for solo mums).* (Available at [www.dcnetwork.org](http://www.dcnetwork.org)). (Ages 3-6)



Donor Conception Network. *Our Story (Double/embryo donation for solo mums – single baby) - After purchase you will be emailed with questions to customize this book for your situation.* (Available at [www.dcnetwork.org](http://www.dcnetwork.org)) (Ages 3-6)

Donor Conception Network. *Our Story (Double/embryo donation for solo mums – twins) - After purchase you will be emailed with questions to customize this book for your situation.* (Available at [www.dcnetwork.org](http://www.dcnetwork.org)) (Ages 3-6)

Keidar, Michal. *One Two Family*. Create Space, 2015.

Kluger-Bell, Kimberly. *The Pea That Was Me: A Single Mom's Sperm Donation Story*. CreateSpace, 2013.

Levin, Barbara. *Just the Baby for Me*. 2008. (Ages 2-6)

Sherwin, Ali. *The Adventures of Princess Mommy*. 13th Moon Press, 2009. (Ages 4-12)

**Adoption:**

Curtis, Jamie Lee. *Tell Me Again About the Night I was Born*. Joanna Cotler, 1996. (Adoption) (Ages 4-8)

Celcer, Irene. *Hope & Will Have a Baby: The Gift of Adoption*. Graphite Press, 2010. (Ages 3-10)