



# Conquering Infertility: Dr. Alice Domar's Mind/Body Guide to Enhancing Fertility and Coping with Infertility

*Alice D. Domar, Alice Lesch Kelly*

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Infertility is a heartbreaking condition that affects nine million American couples each year. It causes tremendous stress, can trigger debilitating sadness and depression, and can tear a marriage to shreds. In *Conquering Infertility*, Harvard psychologist Alice Domar—whom *Vogue* calls the “Fertility Goddess”—provides infertile couples with what they need most: stress relief, support, and hope. Using the innovative mind/body techniques she has perfected at her clinic, Domar helps infertile women not only regain control over their lives but also boost their chances of becoming pregnant.

With *Conquering Infertility*, women learn how to cope with infertility in a much more positive way and to carve a path toward a rich, full, happy life.



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