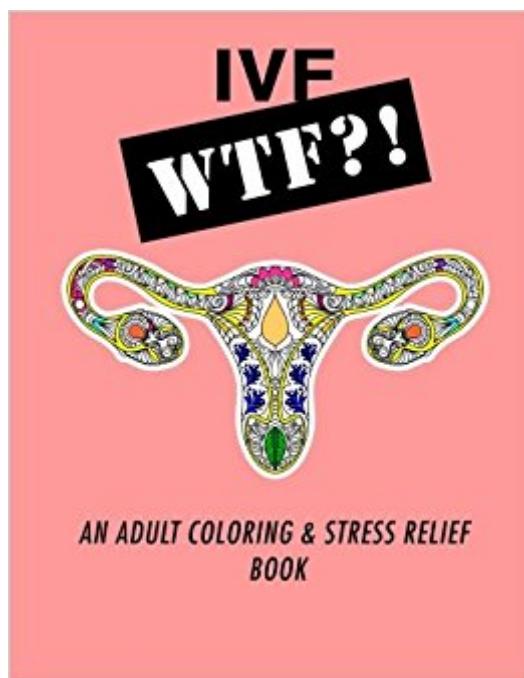


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# Ivf WTF?!: An Adult Coloring And Stress Relief Book (IVF Help And Support) (Volume 1)



## Synopsis

(Click on author bio to see a video of the book)IVF can be f\*cking hard! That's the truth. Yes, it's wonderful that the technology exists and you'd do anything to get that little person at the end of it, but wow, why does it often feel like you're being punished when you didn't commit a crime?! You're going to be stressed at some point in this journey. And drinking alcohol is a no-no they say! Also what to do? Color. Coloring is a proven stress reliever, like meditation or hypnosis. IVF WTF?! contains 27 images for you to color, designed to support anyone on the IVF rollercoaster to relax, be mindful and de-stress. The phrases and images vary from simple to more complex to match your time and mood. What they all have in common is they were designed especially FOR YOU. Yes, you, the amazing woman going through it, who is often expected to just put up with all of IVF's emotional and physical demands as if it's just 'what you do'. It's not that bloody easy! And you deserve some 'MeMoments' to escape, process and have a giggle. Pick your page, get some colors and you're set. Happy Coloring! Product Details: 27 designs on single sided bright white paper. A color test page and notes page. Premium glossy finish cover design. Large format, roughly A4 size, 8.5" x11" pages. For Grown-ups (even if you don't really feel like one on the inside)

## Book Information

Series: IVF Help and Support

Paperback: 66 pages

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Language: English

ISBN-10: 1544740980

ISBN-13: 978-1544740980

Product Dimensions: 8.5 x 0.2 x 11 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #58,758 in Books (See Top 100 in Books) #14 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Infertility #2770 in Books > Parenting & Relationships

## Customer Reviews

MeMoments Creative Facebook page comments about IVF WTF?! I needed this, thanks..."Love it, lol" I'm dying,lol""Awesome" "I love this!!!"

Tired of sappy self help style books when you are going through infertility? This one pokes humor and says what might really be on your mind while the rest of the world can get pregnant and you are not. Coloring is always therapeutic and a good way to relieve the anxiety that goes along with infertility and laughter is good medicine. It might be a bit graphic for some, sort of PG13. Got this for my daughter as I try to help her fill her arsenal of coping skills for this rough journey in life.

I love this! I'm going through IVF right now and this is awesome! I've referred it to many of my fellow IVF'ers

Excellent coloring book that helps you cope with the stress of IVF.

I love this. It came from my sister at a really difficult time. This had to have been written by a woman who has been through this very difficult, painful, sad process. It lightened things up for me...

Purchased for a friend whose going through it and she loves it, made her laugh.

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