



# The Ultimate Fertility Journal & Keepsake

*Alex Llach*

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## **The Ultimate Fertility Journal & Keepsake** Alex Lluch

It is a wonderful and exciting time when a couple decides to have a baby! However, getting pregnant isn't a walk in the park for everyone. The Ultimate Fertility Journal & Keepsake explains the ins and outs of ovulation and fertility and provides hundreds of fascinating facts, tips for boosting fertility, fertility lingo explained, fertility myths dispelled, advice for looking ahead to pregnancy, and information just for dad.

This book also contains 12 chapters that will educate couples on the factors that impact their fertility the most — such as weight, nutrition, exercise, age, lifestyle, stress, and much more — as well as the best ways to boost their fertility for pregnancy success.

Finally, if the couple's fertility journey takes a bit longer than they hoped, this book offers valuable chapters about the many options available for infertility treatments, adoption and more.

Conception is an amazing process! Readers will greatly enhance their chances for success and enjoy their journey toward having a baby with this invaluable book.

The Ultimate Fertility Journal & Keepsake is one of the best-selling fertility and health books at all major bookstores in North America, such as Barnes & Noble and Borders.

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