

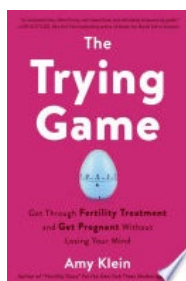


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The Trying Game: Get Through Fertility Treatment and Get Pregnant Without Losing Your Mind

by [Amy Klein](#)

[Ballantine](#). Apr. 2020. 432p.
ISBN 9781984819154. pap.
\$17. HEALTH

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Klein wrote the “Fertility Diary” column for *The New York Times*’s Motherlode blog for three years, and has written on health and fertility for other magazines. She wrote this book to help others experiencing infertility, providing information on a broad range of topics surrounding the subject. While there are several recent first-person accounts of undergoing infertility treatments, they are limited in what they cover, and advances in treatments make older books less helpful. Klein has gone beyond her own experience to draw in helpful information for LGBTQ families along with single individuals who want to be parents, and men who may be infertile. The book contains many breakout boxes to highlight topics, such as questions for doctors or tips for being a supportive partner. Many treatment options are covered, and there are several chapters covering emotional well-being. Footnotes cover the recent articles and books consulted. There are more scholarly works covering infertility treatments, but this book is geared toward the layperson.

VERDICT Klein’s compassionate writing style makes this an excellent book for anyone dealing with fertility issues.

Reviewed by [Margaret Henderson, Ramona, CA](#) , Apr 01, 2020

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