



## Get a Life

*Rosie Bray, Richard Mackney*

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# Get a Life

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**Get a Life** Rosie Bray, Richard Mackney

## **An honest and emotional, first-hand, "his and hers" guide to surviving IVF**

Richard and Rosie started trying to conceive after five years of being together but, two and a half years and countless prenatal vitamins and ovulation kits later, there hadn't been even a phantom pregnancy. So began their adventure into IVF, via blood tests, sperm tests, injections, and probes, becoming involuntary experts on embryology through failure, despair, persistence, and success. After four years, three different clinics, two positive pregnancy tests, and one miscarriage, they finally had a successful pregnancy. Now they have written the perfect down-to-earth guide for anyone thinking of embarking on fertility treatment. It's two books in one, a book of advice for women and a survival guide for men, each chapter mirrored but with very different experience and advice. They explain why IVF is terrifying, awful, and extraordinary in equal measures for both partners, by sharing their ride on the fertility rollercoaster, including the funny, emotional, and physical sides of IVF. It is an invaluable guide from both perspectives on how to get through the process in one piece.

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