

*"Bettina Gordon-Wayne lays out the territory
to later motherhood with wisdom and knowledge."*

—CHRISTIANE NORTHRUP, M.D.

OB/GYN Physician, *New York Times* Bestselling Author

the Joy of Later Motherhood

Your Natural Path to Healthy Babies
EVEN IN YOUR 40s



Bettina Gordon-Wayne

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The Joy of Later Motherhood: Your Natural Path to Healthy Babies Even in Your 40s



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Do you ever Google "being pregnant after 35" or "getting pregnant in 40" for advice and inspiration on your way to motherhood? You are afraid that your body may fail you. Filled with real-life stories and helpful insights greater than 40 ladies over 40 (and best natural fertility professionals) who all had organic pregnancies and healthy babies. You feel alone and isolated because you've already experienced a lot more than your reasonable share of heartache. The Joy of Later Motherhood may be the much-needed antidote to all or any the negative hype encircling motherhood at advanced maternal age group (which is 35+). With like and candor these ladies describe heartbreak-like infertility analysis and miscarriage—and triumph—from healing illnesses to finding their faith. Maybe you are concerned or are upset. If you are looking for a medical book focused on just the physical facet of pregnancy, this may not be the right one for you. But maybe most importantly, you'll learn that looking to get pregnant isn't just a physical matter, but also a matter of your brain and maybe actually your spiritual beliefs as these ladies attest to. It's written from the perspective of the ladies who in fact achieved what millions of females are striving for: naturally conceiving a wholesome baby after 35 and, specifically, after 40. You'll figure out how to prepare for pregnancy, even if you select in vitro fertilization or had been diagnosed with unexplained infertility or had been trying to get pregnant for years. You'll get guidance on ways to get pregnant naturally and what natural family members planning methods worked for other women. The Joy of Later on Motherhood is compiled by specialists of a different kind. The Joy of Later Motherhood is certainly for you if the following rings true: You listen to your biological clock ticking, nevertheless, you don't wish to be in a panic about any of it like everybody else. Did your exhilaration and hope turn into disbelief and shock when your search switched up millions of gut wrenching stories on the risks and dangers of later on pregnancies and the staggering rise old related infertility in ladies? Or that your contradictory thoughts—"I would like to have a baby, but I don't think I can give up my freedom!"—may influence your fertility. Compiled by seasoned journalist Bettina Gordon-Wayne—herself a first-time mom at 44 and the 3rd generation of ladies in her family members who did not obtain the memo that conceiving a baby after 40 is dangerous, if not outright impossible—The Joy of Later on Motherhood can be: Positive, honest, deeply human being, and an inspiring guideline to mature motherhood that may undoubtedly boost your fertility and your likelihood of getting pregnant; You need different perspectives to assist you go on. We've got you. They share their tales to be able to empower other

women to approach the main topics later on motherhood from a posture of power and courage also to show them what's possible and, actually, natural. Maybe you question that motherhood will ever happen for you. We get it. We've been there. With this stories, you want to lovingly discover you through this trip as much as we are able to. You wonder if it's fair to a kid to have older parents and whether he'll have to shoulder the responsibility of an ailing father or mother a long time before his peers.



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Joy! Run, don't walk to get this book if you are trying to conceive in your 40's (or even 30s)! We're not really in this alone, whatever uncertainty we face. Gordon-Wayne speaks of in her publication. Make sure you read if you are searching for a confident viewpoint about becoming a mother later on in lifestyle. They needn't have...I will become purchasing the publication for my daughters who are both within their thirties and possess their child bearing years still ahead. I want them to take pleasure from their future pregnancies with joy, not fear!The author's uplifting message is clear from the beginning - pregnancy takes body, soul and spirit. Encouraging Very well written and researched, yet personable and foremost encouraging! Being pregnant is holistic. With correct preparation comes a whole " new world " graced by abundant fertility. I've already recommended this book to others and can continue to do so! I can't tell you how much comfort and hope this publication brought me, in addition to practical tips for continuing my difficult journey to motherhood. Gordon-Wayne offers the reader a writing design that quickly draws you in. It really is an intellectual workout punctuated by relevant references and figures. But, at the same time it's an intimate conversation about a highly personal and tender subject. And its a content exchange! The girls interviewed in the publication provide abundant proof that over-40 Moms can and do possess successful pregnancies!In lots of ways, The Joy of Later on Motherhood transcends it's own boundaries. Western medication and the mass media haven't informed us the complete story.*--Any kind of reader will be motivated to LIVE more fully The Joy of Later Motherhood! It's joyfully written and a wonderful read.* The heart and soul shared in these pages has me so incredibly inspired. Bettina Gordon-Wayne has crafted an amazing resource that taps into such emotion, question, and AWE at what we can CREATE.. Please read if you are looking for .with this bodies, our minds, and our spirits. In case you are beginning to enter the "advanced maternal age" category and you still want to get a baby, read on and get your expectations and spirits up with this fantastic book! I found myself actively positioning the strategies against the fears and uncertainties connected with starting a new business --recognizing how I often place restrictions on myself, doubt possibilities, enable others or comparisons to cloud my method. The author also reminded me of the energy of support from others. Although not in my own forties, I even so heard many of the same platitudes about later on pregnancy Ms. I can very much relate to it.The heat and depth of the interviews remaining me tearful at points, smiling broadly at others, and generally feeling grateful for the sisterhood and support woven throughout the chapters of the wonderful read. This reserve definitely helps it be onto my 'gratitude list' for today.The author's undertake later pregnancy is both light and truth, inspirational and pragmatic. A joy to learn - full of expect ladies who haven't checked the package of motherhood by 40 As somebody who was terrified of turning 40 without getting pregnant, I

experienced Bettina's book as a breath of fresh air for my highly starved and highly fearful mind. Your personal story is quite moving. Sense depleted and wishing to improve my own wellness, I got a wholistic approach, concentrating on total body health and decreasing stress. Oh, the Joy of READING *The Pleasure of Later Motherhood! Clearly, this book is approximately becoming a mother and having a baby to a child later in life, AND the metaphors contained in each tale and the action actions in each thought-provoking section of Mind, Body, Spirit do relate to birthing ANY new stage of life: coping with our mindset, managing uncertainty, feeling uncontrollable and fearful on the edge of ANY big switch or growth. Wonderful book! She writes a powerful message to middle-aged women who may have abandoned motherhood. It is fond of 40-something Moms but provides therefore many insights for correct living that all who read it will ultimately reap the benefits of its wisdom... Oh, the Joy of READING *The Pleasure of Later Motherhood! Girl CAN get pregnant later on in life and feel empowered as wise and mature mothers. We had our second kid at 42! After eight years of trying to conceive, I informed myself I'd never be a mother. Standard fertility remedies had failed and medicine left me no appealing choices. And what I enjoy even more can be her honesty in posting that she questioned her decision to have got kids and didn't allow her age pressure her into having a baby when she didn't feel ready.. I experienced two biological boys without complications. The story each woman tells in The Pleasure of Later Motherhood is unique and gripping, yet the undercurrent of hope is apparent in each tale. Isn't that what women want most: a girlfriend to tell her, I am there, and I've done that, so continue? I really want I had read this quite some years ago when I embarked upon my conception journey at age 41. Beautifully written book Beautifully written book. I must say i appreciate the fact that she thought we would tell the stories of women who got pregnant normally following the age of 40. The expert interviews and the explanation of science that uphold the action steps in each area as well as the presentation of figures in such a reader-friendly way is a testament to Bettina Gordon-Wayne's journalistic talent. It is hard for many people to counter all the messages they have about age group and health insurance and parenting. So much of what Bettina writes resonates with my own story. and its great. I am impressed and inspired by your openness - you contact on many issues from a personal perspective - about work, parenting, health - which are on people's minds. Then in addition, your research and interviews with experts make this book essential read for mothers within their 30's and 40's. This book will certainly inform and inspire men and women to become parents even though they 'think' its 'too late'. Very well done! Inspiring and empowering approach to helping women Bettina has a thoughtful approach that involves honest and positive support and feedback all lending to comforting terms and practices for ladies who truly believe and desire a baby later in lifestyle. A book that provides

so very much insight & hope! Ms. The stories of additional women going through similar issue in their 40s was incredibly inspiring. Bettina also talks to you like a friend about her own trip in an extremely approachable & endearing method. As a Mom who had five pregnancies in her thirties, the last one at age 38, how I wish Bettina Gordan-Wayne's book, *The Joy of Later on Motherhood*, had been available to me. It can be a beautiful, fulfilling, almost Zen-like knowledge if one correctly prepares one's mind and spirit, correctly cares for her body, and nourishes her soul with peace and self-love, irrespective of age. Highly recommendable for every women regardless of age. An excellent reminder of how exactly to navigate the fertility journey in a far more empowered and positive light. As a practitioner who works with women 35+ who are trying to conceive, I found "The Joy of Afterwards Motherhood" to become a wonderful reminder of how exactly to navigate the fertility trip in a more empowered and positive light. So much out there leaves us in fear. If we stay static in a location of fear, it could create a significantly less than stellar environment for growing a family group. I've recommended this book to varied clients and recommend "The Joy of Later on Motherhood" for all ladies who strive towards a more positive environment for themselves and their developing family. Every few trying to conceive at night age of 35 should browse this! I am very grateful to possess this book in my house library. Consider Bettina your friend and personal cheerleader. Despite having a lot of supportive family and friends, the amount of continuous shock and awe I ran into around wanting and having children after the age of 40 was astounding. I bought this for a couple more friends - it's certainly the type of book you wish to 'pass along' :) . I realize most people simply don't know it's possible and just hear plenty of negativity, which is very unfounded. Many thanks Bettina! Wonderful book!... Surprise! Powerful, Encouraging Stories from Women Who Took an Unconventional Way to Motherhood Bettina is a seasoned journalist who has applied her gift for interview to compile tales of hope. Plus they scared me! Bettina's skill as a journalist comes through in this narrative of encouragement on the road to motherhood. Must browse if considering parenthood in 30's and beyond. Very inspiring. It is a must browse for each and every woman envisioning a "later" motherhood. Wonderfully authentic and positive (while being very real) conversation that is truly needed in our culture when it comes to the story around women (and their partner's) having children later in life.



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