

Recommended reading

Finding good books and resources to read before, during or after fertility treatment can be a bit of a challenge. Our counsellors have compiled a list of reading materials they recommend. Please note that many of these resources were produced overseas and therefore common practices and legal issues may vary from those within Aotearoa New Zealand.

If there are any topics not listed here that you would like reading recommendations for, please feel free to get in touch with our counselling team – suggestions and ideas are always welcome.

Infertility experience

The Infertility Handbook, Angela I. Hutchins. Exisle Publishing

Trying to Conceive: True Stories of How Couples Overcame Infertility, Michaela Ryan (Editor) Finch Publishing, Sydney, 2008

The Infertility Survival Guide, Judith Daniluk New Harbinger Publications, California, 2001

Conquering Infertility, Alice Domar, Penguin, New York, 2002

IVF & Beyond for Dummies, Dr Karin Hammarberg Wiley Publishing Australia, 2010

Maybe Baby, Sue Saunders. Penguin Books, New Zealand, 2021

Fertility New Zealand.

<https://www.fertilitynz.org.nz/> supporting, advocating for and educating all people who face infertility challenges at all stages of their journey and beyond.

Intimacy and Relationships

Staying in Love, Robyn Salisbury. Random House New Zealand, New Zealand, 2009

Make Love Work, Nic Beets. Allen & Unwin NZ, 2023

ACT with Love: Stop Struggling, Reconcile Differences, and Strengthen Your Relationship with Acceptance and Commitment Therapy, Russ Harris. New Harbinger Publications, 2023



Male infertility

How to Make Love to a Plastic Cup: A Guy's Guide to the World of Infertility, Greg Wolfe. Harper Collins, 2010

Swimming Upstream: The Struggle to Conceive. David Rawlings and Karen Looi. Peacock Publications, Adelaide, 2006

Experiences of Māori

He Kakano: A Collection of Māori experiences of Fertility and Infertility, Leanne Hiroti (Editor). Te Atawhai o te Ao, 2011

The Gift of Children: Maori and Infertility, Edited by Paul Reynolds and Cheryl Smith. Huia, 2012

Moving on

Be Fertile with Your Infertility, Christine Brannan and Winnie Duggan. Bateson Publishing Ltd, Wellington, 2008

Living the Life Unexpected: How to find hope, meaning and a fulfilling future without children, Jody Day. Bluebird, UK, 2016

Secondary infertility

Wanting Another Child: Coping with Secondary Infertility, Harriet Fishman Simons, Jossey-Bass. San Francisco, 2007

Parenting an Only Child: The Joys and Challenges of Raising Your One and Only, Susan Newman. Doubleday/Broadway

Parenting after infertility

The Long Awaited Stork, Ellen Sarasohn Glazer. Lexington Books, New York, 1990

Precious Babies: Pregnancy, birth and parenting after infertility, Kate Brian. Piatkus, (2011)

Coping with grief, anxiety and stress

The Reality Slap: Finding Peace and Fulfillment When Life Hurts, Russ Harris. New Harbinger Publications, 2012

The Happiness Trap (Second Edition): How to Stop Struggling and Start Living, Russ Harris. Shambhala, 2022

Coming to Grief: A Survival Guide to Grief and Loss, Pam Heaney. Longacre Press, 2002

When Happiness is Not Enough: Balancing Pleasure and Achievement in Your Life, Chris Skellett. Exisle Publishing (Australia), 2011

All Blacks Don't Cry: A Story of Hope, John Kirwan. Penguin Books (NZ), 2010

Miscarriage and loss

Life After Baby Loss, Nicola Miller-Clendon. Tandem Press, Auckland, 2003

Baby Gone, Jenny Douché. Published by Jenny Douché

Miscarriage New Zealand: <https://www.miscarriagesupport.org.nz/> Offering support and information to the many women and their families throughout New Zealand who grieve for the loss of their babies.

Coping with Infertility, Miscarriage, and Neonatal Loss: Finding Perspective and Creating Meaning, Amy Wenzel. APA LifeTools, 2014

Sands New Zealand: <https://sands.org.nz/> Peer support and information for bereaved parents, families and whanau throughout New Zealand after pregnancy loss and death of a newborn.

Same gender parents

The Family Book, Todd Parr. Little, Brown and Company, New York, 2002

One in Many Millions, RJ Miles. Tadaa Books, 2018

Raised by Unicorns: Stories from people with LGBTQ+ parents, Frank Lowe (Editor). Red Wheel Weiser Conari, 2018

Journey to Same-Sex Parenthood: Firsthand advice, tips and stories from lesbian and gay couples, Eric Rosswood. New Horizon Press, 2016

One parent family

Single Mothers by Choice: A Guidebook for Single Women Who Are Considering or Have Chosen Motherhood, Jane Mattes. L.C.S.W., Three Rivers Press

Going It Alone: The Single Woman's Guide to Pregnancy and Birth, Natascha Mirosh and Geraldine Johns. New Holland Publishers, Auckland, 2003

Birthright: <https://birthright.org.nz/> Birthright is a social service organisation which specialises in families lead by one person, offering a range of advocacy, support and education opportunities throughout New Zealand.

Websites and helplines

www.skylight.org.nz/ The skylight website offers some useful stress and grief resources. The "About grief" page in the "Helpful articles" section contains some good articles including "When men grieve".

www.calm.auckland.ac.nz/ Auckland University website (CALM - Computer Assisted Learning for the Mind) containing information on stress, anxiety and depression and how to cope.

www.depression.org.nz A useful website providing information on depression and advice on finding a way through.

Anxiety New Zealand: <https://anxiety.org.nz> A great website for those experiencing anxiety and other mental health experiences. They offer specialist clinical services, ongoing peer support groups, educational resources, and immediate help via a free 24/7 national **0800 ANXIETY** Helpline.

1737: <https://1737.org.nz/> A national helpline offering brief counselling support via phone or text with trained counsellors and peer supporter.

Sands New Zealand: <https://sands.org.nz/> Peer support and information for bereaved parents, families and whanau throughout New Zealand after pregnancy loss and death of a newborn.

