

RECOMMENDED READINGS

CHAPTER 8, PREPARING YOURSELF MENTALLY AND EMOTIONALLY

Chiesa A, Serretti A. Mindfulness-based stress reduction for stress management in healthy people: a review and meta-analysis. *J Altern Complement Med.* 2009;15(5):593-600. doi:10.1089/acm.2008.0495

Cousineau TM, Domar AD. Psychological impact of infertility. *Best Pract Res Clin Obstet Gynaecol.* 2007;21(2):293-308. doi:10.1016/j.bpobgyn.2006.12.003

Faramarzi M, Kheirkhah F, Esmaelzadeh S, Alipour A, Akbari T. Treatment of depression and anxiety in infertile women: cognitive behavioral therapy versus fluoxetine. *J Affect Disord.* 2008;108(1-2):159-164. doi: 10.1016/j.jad.2007.09.002

Fisher JR, Hammarberg K, Baker GH. Antenatal mood and maternal health: implications for practice. *Aust N Z J Obstet Gynaecol.* 2019;59(1):9-17.

Fredrickson BL. The role of positive emotions in positive psychology: the broaden-and-build theory of positive emotions. *Am Psychol.* 2001;56(3):218-226. doi: 10.1037//0003-066x.56.3.218

Galhardo A, Cunha M, Pinto-Gouveia J, Matos M. The mediator role of self-compassion in the relationship between external shame and infertility-related stress. *Hum Reprod.* 2013;28(4):1132-1139.