



Ivf Wtf?!: An Adult Coloring and Stress Relief Book (Paperback)

By Memoments Creative

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.(Click on author bio to see a video of the book)IVF can be f*cking hard! That s the truth. Yes, it s wonderful that the technology exists and you d do anything to get that little person at the end of it, but wow, why does it often feel like you re being punished when you didn t commit a crime?! You re going to be stressed at some point in this journey. And drinking alcohol is a no-no they say.so what to do? Color. Coloring is a proven stress reliever, like meditation or hypnosis. IVF WTF?! contains 27 images for you to color, designed to support anyone on the IVF rollercoaster to relax, be mindful and de-stress. The phrases and images vary from simple to more complex to match your time and mood. What they all have in common is they were designed especially FOR YOU. Yes, you, the amazing woman going through it, who is often expected to just put up with all of IVF s emotional and physical demands as if it s just what you do . It...



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