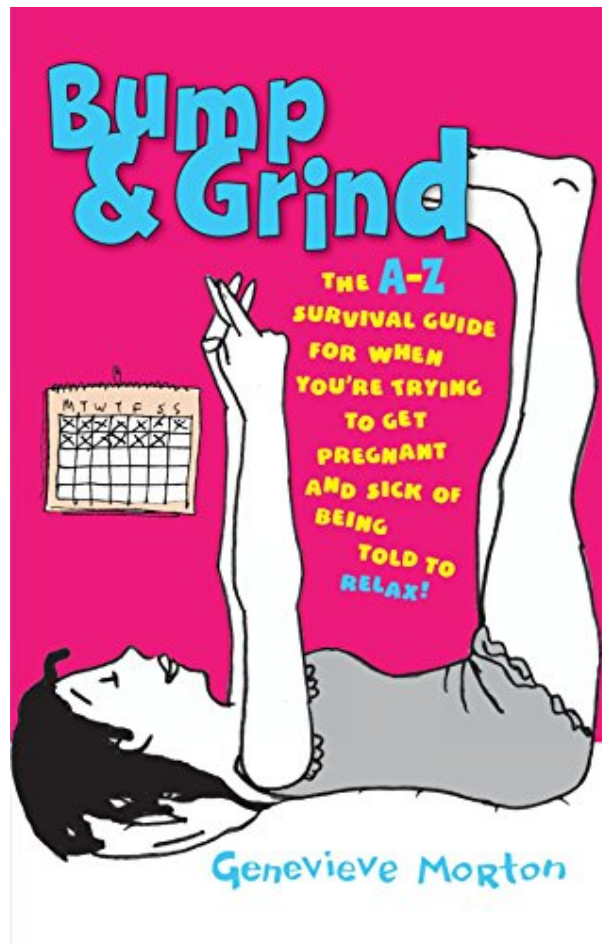
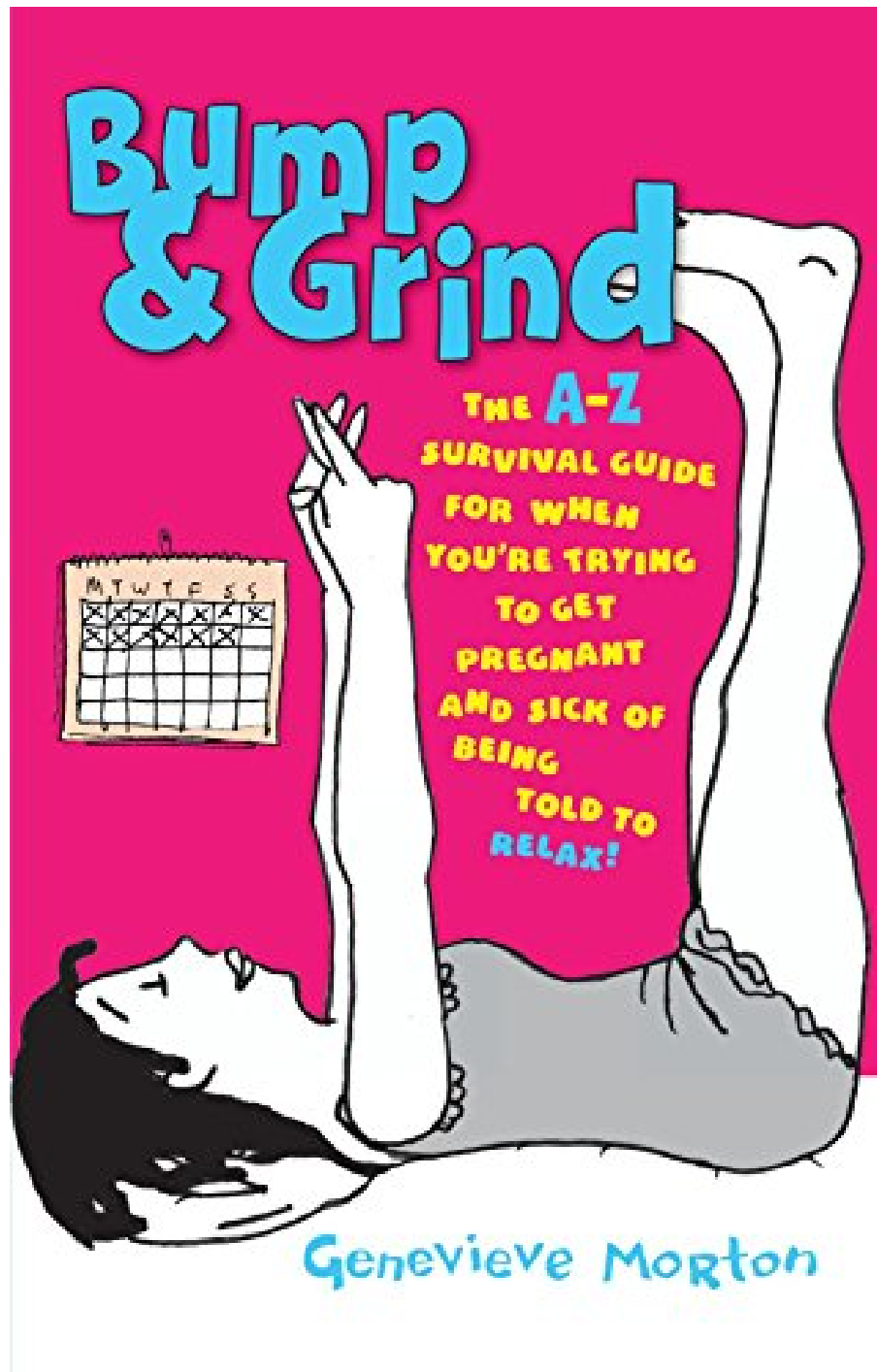


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### About the Author

Genevieve Morton was a lifestyle reporter and columnist for many years. She started trying for a baby when she was 34, battling with 'unexplained infertility' before giving birth to son Rafferty.

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Trying for a baby? Have you spent months and months upside down riding an imaginary bike or scissor-kicking the ceiling? Or spent hours thinking 'maybe I'm not ovulating?' or 'maybe you're not aiming it right?' Well you're not alone. One in six couples experience some kind of fertility problem, and the average couple takes over six months to conceive. Bump & Grind author Genevieve Morton and her husband Ben started trying for a baby when she was 34. After 18 months of trying to get pregnant without success, they realised that a positive pregnancy test might be harder than they thought. Sperm tests, a laparoscopy and a few ultrasounds proved nothing, leaving them with that most unsatisfactory of categorisations: unexplained infertility. If you're considering IUI (Intrauterine Insemination) or IVF (In Vitro Fertilization), or you're wondering what oats and liquid zinc can do for your partner's fertility, Bump & Grind is the book for you. It brings you conception tips, advice and first-hand insights from other people who have experienced only too well the emotional rollercoaster of trying to conceive. An honest - and fun - guide to coping with life while trying to conceive, Bump & Grind is your A-Z survival guide if you're trying for a baby. Helping you cope with the drawn-out conception process - and, crucially, written by someone who has been through the trials of unexplained infertility - Bump & Grind gets you through the emotional, psychological and physical experience of trying to conceive. Combining personal stories with medical advice, it's an easy-to-read, approachable guide to getting pregnant, including tips on how to ensure healthy ovulation, reduce the risk of impeding fertility and deal with the stress of well-meaning pregnant friends. Bump & Grind isn't overloaded with scientific, medical language you don't understand. It isn't scary. It won't make you feel old or desperate either. Think of it more as your caring, wise, empathetic best friend.

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Genevieve Morton was a lifestyle reporter and columnist for many years. She started trying for a baby when she was 34, battling with 'unexplained infertility' before giving birth to son Rafferty.

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I am not trying for a baby, but my friend is...

By Miss M. L. English

I'm not 'trying' for a baby as I became a parent over 17 years ago, but I distinctly remember how difficult it was and all the hurdles I had to overcome before I hit lucky, so it was with this memory that I read this book.

I'm not mad on 'A-Z' books and have read a few over the last 2 months. I don't really like the format and prefer a decent index...however, the subject matter has obviously been well thought-out and Genevieve has

made a decent attempt at combining practical suggestions and simple tips.

You won't leap out of bed having read this, inspired to 'get pregnant' but you will feel less frazzled at all the worries and drawbacks at being someone-who-hasn't-hit-lucky-yet.

I gave it to a friend who's 'trying' and as it didn't come back ASAP I can only assume she's enjoying reading it!

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