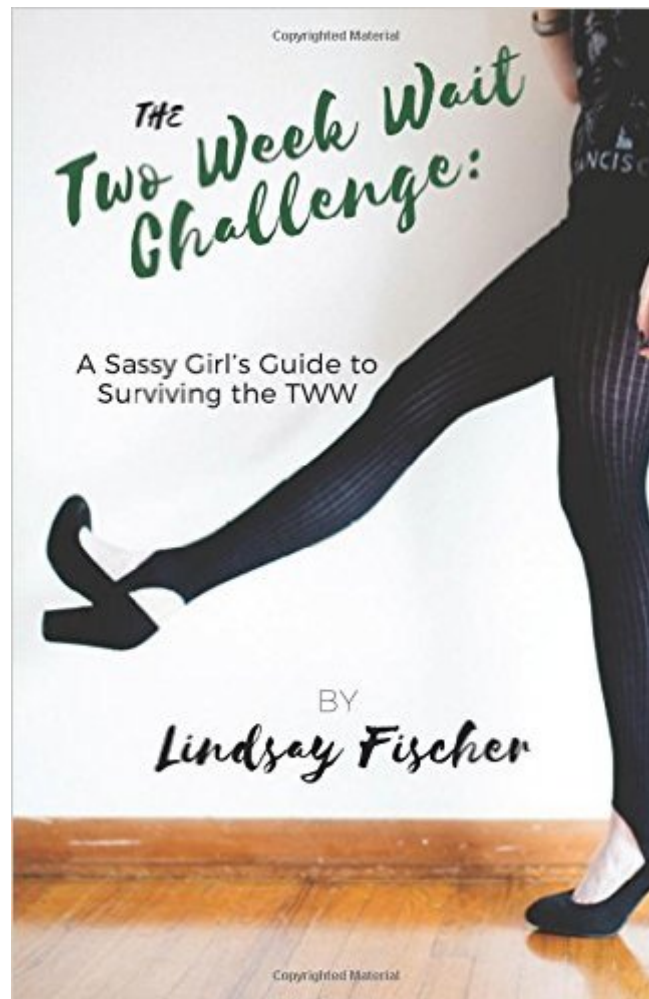


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# The Two Week Wait Challenge: A Sassy Girl's Guide To Surviving The TWW



## Synopsis

Trying to conceive is an exciting (read: excruciating) time in women's lives, but there is no more daunting a task during her cycle than the two week wait. It's a time when wanna-be mommas can find themselves anxious and emotionally wrecked. Enter *The Two Week Wait Challenge*: a handy guide to navigating the time between potential conception and the day you're able to test for pregnancy. Chock-full for easy, inexpensive self-care practices and positive affirmations, the challenge encourages women to take time for themselves (while simultaneously speeding up the 14 days) and allows their partners to be a part of the process in a loving, supportive way. Add a dash of sass and humor to help you survive and you've got a recipe for a successful (less painful) two week wait.

## Book Information

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## Customer Reviews

This book was a bit of a surprise. I went in knowing full well that I may just be out of my jurisdiction on this book. Obviously I'm not the intended audience and yet | Starting this book out, I was just a little bit in over my head. Just a tad, I live with my mom and sis, and though I give them crap for too much info, it doesn't bother me. Same with this book. It didn't bother me, and it was rather interesting to read. Mostly because she's not afraid to actually speak. By that I mean, there's the sass, there's the little bit of humor, and light heartedness that comes out when speaking about a tough topic. She keeps the words floating in good rhythm, sort of lightly bouncing along, trying to help get things to the point quick and clear as possible, while maintaining that lighthearted tone. After that, I had let the author know that I may be a bit rough on the edges with the feedback/review. Then she told me something different, something that shifted my perspective a

bit. I think the theory can still apply to anyone dealing with trauma of some kind. • You see I was so caught up in what this was for, I didn't really think to see it otherwise. And so I read on. Now let me just say, I hold myself tight to my chest. I don't open up, I don't do none of that. My politics, religions, my past, my experiences, etc. are all my own. Very few people know about me, even my parents are in the dark. This being said, I've done, said, seen, some stuff I can consider pretty damn negative things. Just read the s\*\*\* I write, it ain't hard to believe. So I can safely say, things were opening up a bit as I read this. I'm reading this, and I'm actually taking notes. Some of it I've actually done (cleaned up my desk, my little garage corner, unfollowed Facebook friends etc.). Other stuff, I'm very willing to do.

I received a digital copy of this book for free from the author in return for a review. The following is my honest opinion on this book: Trying for a baby can be a difficult and stressful time, especially the wait between a possible conception and two weeks later when you can finally use test for pregnancy. The stress and anguish of waiting can really build up and you can forget to treat yourself well in this time and keep that anxiety down. Here is where 'The Two Week Wait Challenge: A Sassy Girl's guide to Surviving the TWW' comes in. A handy guide that can help both women and men navigate that stressful time. This is a great little book and at 72 pages it's a quick read. The guide book starts with the author, Lindsay Fischer's own personal story. You learn about her past as a domestic violence survivor and her own difficulties in conceiving with her new husband. This story is not only touching but told with a lot of humour, in fact the entire book is written with Fischer's own brand of humour, or 'sass' as she calls it and this really helps you connect with her personally and lightens the serious subject of looking after yourself during the two weeks. The main part of the book focuses on the 'challenge'. In this every day for two weeks there is a different challenge for women to do. Each day's challenge is quite simple and easy from things like de-cluttering an area of your home or writing your own affirmation. Each of these challenges focuses on looking after yourself and creating a positive and calm feeling, exactly what you need when you're waiting to use that pregnancy test. Many of the challenges are ones that partners can take part in and indeed there's even a section on what partners can do to make the waiting time easier.

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