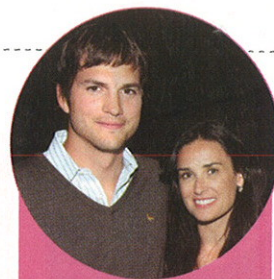


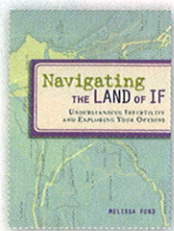


## the conceptual bookshelf



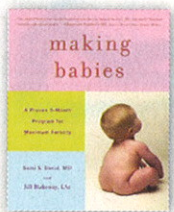
demi and ashton would have one smart baby...

That's the wildly unscientific but unmistakable conclusion one could draw from a recent Australian study that found that children of older fathers performed less well on standardized intelligence tests... but children of older mothers attained higher scores. (The points difference was not huge, and obviously the results were drawn from the group average.) Researchers theorize that sperm defects in older men may be responsible for the lower results, and that older mothers may provide a more nurturing environment that could account for higher scores.



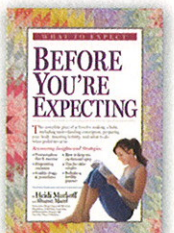
### Navigating the Land of IF

(Seal Press, 2009) was written by Melissa Ford, author of the popular blog "Stirrup Queens and Sperm Palace Jesters." The book helps guide readers through the complex world of infertility (or "IF"), from treatments to talking points (such as who to tell) to pregnancy.



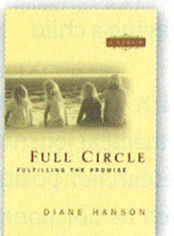
### Making Babies: A Proven 3-Month Program for Maximum Fertility

(Little, Brown and Company, 2009) will be out in mid-August. Written by Sami S. David, MD, a reproductive endocrinologist, and Jill Blakeway, LAc, an acupuncturist and herbalist, the book offers an approach to boosting fertility based on a combination of Eastern and Western knowledge.



### What to Expect Before You're Expecting

(Workman, 2009) is the prequel to the bestselling pregnancy book. Co-authored by Heidi Murkoff, who also wrote the pregnancy and parenting books in the series, the new book covers topics such as fertility-friendly lifestyle choices, when to have sex for the best chance of conceiving, when it's time to seek medical treatment, etc.

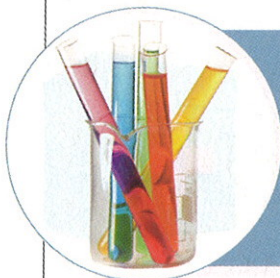


### Full Circle: Fulfilling the Promise

(Pleasant Word, 2009) by Diane Hanson is an inspirational memoir of one woman's struggle with infertility, focusing on the emotional aspects of the struggle to become a parent. The author has promised that a percentage of the proceeds from her book will go towards funds that help couples afford fertility treatments and adoption.

## see for yourself

Whether you're contemplating high-tech fertility procedures or you're just curious, you might wonder exactly what goes on in the operating suites and labs of a fertility clinic. Wonder no more. Cook Medical, an international medical instruments company, has posted videos of IVF (in vitro fertilization) procedures on its website, [cookartlab.com](http://cookartlab.com). Although intended for physicians who want to improve their practices, the videos are available to anyone who's interested. Go ahead, see for yourself...



ISTOCK, GETTY, JUPITER IMAGES