

TIMEA BELEJ-RAK, MD

Your Fertility Options Explained by Eight Experts

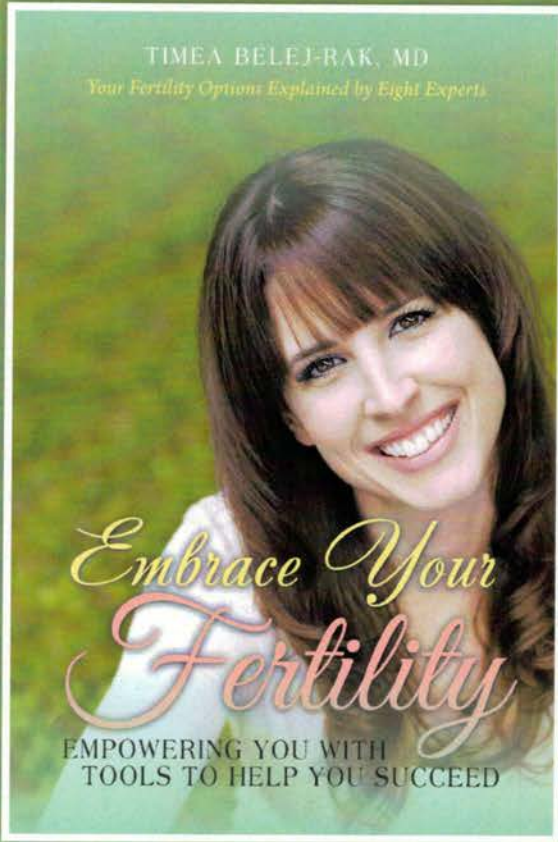


*Embrace Your
Fertility*

EMPOWERING YOU WITH
TOOLS TO HELP YOU SUCCEED

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Timea Belej-Rak, MD, is an obstetrician-gynecologist with specialty training in fertility. Her passion is helping her patients navigate their fertility journey. She received her MD, and specialty training from the University of Toronto. She practices at Anova Fertility and Reproductive Health and lives with her husband and daughter in Toronto, Canada.

“**Embrace Your Fertility** is a splendid book which covers everything you need to know and do to help you conceive a child or otherwise make peace with your fertility. It is written with the authoritative compassion of a physician who has not only been there herself, but has also helped hundreds of other individuals through the fertility journey. This book is a gem that I highly recommend to everyone who is concerned about her (or his) fertility.”

- Christiane Northrup, MD, Ob/Gyn Physician and Author of the New York Times bestsellers: *Goddesses Never Age: The Secret Prescription for Radiance, Vitality, and Wellbeing*, *Women’s Bodies*, *Women’s Wisdom*, and *The Wisdom of Menopause*

Compiled by a spiritually-attuned, holistically conscious fertility specialist, *Embrace Your Fertility* is a comprehensive guide to navigating your fertility journey, complete with wisdom and knowledge about everything from conventional medical approaches to adoption to acupuncture to the mind-body perspectives that optimize fertility outcomes. Filled with stories of women who have navigated their own fertility experiences, readers will find comfort and inspiration alongside grounded, practical information.

- Lissa Rankin, MD, New York Times bestselling author of *Mind Over Medicine*

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