

SWIMMING UPSTREAM ... the struggle to conceive

by DAVID RAWLINGS and KAREN LOOI

Swimming Upstream goes beyond the mechanics of babymaking into the issues faced by the one-in-six couples who struggle to have a family.

Written by a man who has been through the struggle in conjunction with a fertility counsellor, this book is for any couple that has ever heard 'just relax and it will happen'.

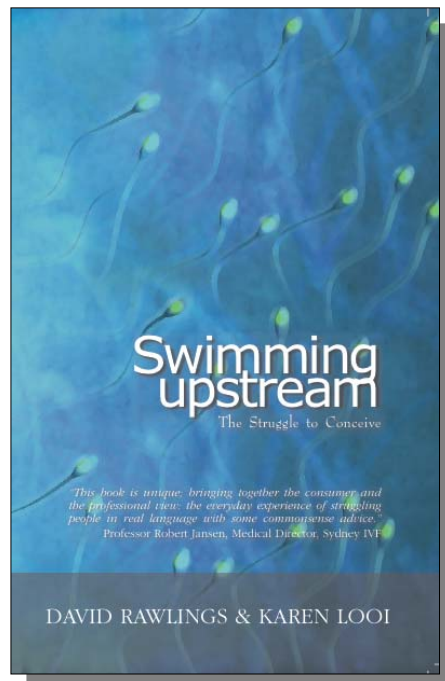
The book explores the issues with humour, insight and honesty and is, without doubt, the first book to lift the lid on the male experience, revealing what every man probably won't say and what every woman wants to know.

The everyday issues that are discussed include:

- Why men don't talk about problems conceiving
- Anger, particularly at injustice
- The effect on a couple's sex life
- How a struggle to conceive affects your ability to plan for the future
- Issues that are particular to a man's experience, such as sperm tests, dealing with your own father and understanding what your partner goes through.
- The social isolation and putting on a brave face in a child-centred world

The stories of fifteen men, the author's own experience and years of experience of a fertility counsellor come together to provide an easy-to-read, practical and reassuring reference.

Rob Jansen, Medical Director of Sydney IVF, says in his foreword: "The book addresses issues that couples face but with a down-to-earth male perspective. It also brings together the consumer and the professional view: the everyday experience of struggling people in real language with some common sense advice from the counsellor. Little has been written about the man's experience or from the man's perspective. This book starts the process of correcting the balance."



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