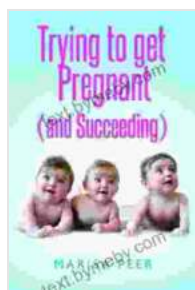


# Trying to Get Pregnant and Succeeding

## The Ultimate Guide to Conception

If you're like most couples, you're probably eager to start a family. But for some couples, getting pregnant can be a challenge. If you're having trouble conceiving, don't give up hope. There are many things you can do to increase your chances of getting pregnant.



### Trying to get Pregnant (and Succeeding) by Marisa Peer

★★★★☆ 4.6 out of 5

Language	: English
File size	: 1232 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 199 pages
Lending	: Enabled



## Planning Your Pregnancy

The first step to getting pregnant is to plan your pregnancy. This means talking to your doctor about your health and lifestyle, and making any necessary changes. You should also start taking prenatal vitamins, which can help to ensure that you're getting the nutrients you need to support a healthy pregnancy.

## Tracking Your Ovulation

Once you've started planning your pregnancy, it's important to track your ovulation. Ovulation is the process by which an egg is released from your ovary. You're most fertile in the days leading up to ovulation. By tracking your ovulation, you can increase your chances of getting pregnant.

## Dealing with Infertility

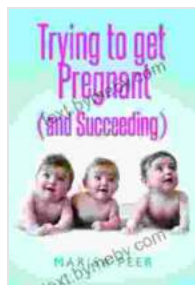
If you've been trying to get pregnant for a year without success, you may be diagnosed with infertility. Infertility is the inability to conceive after one year of unprotected intercourse. There are many different causes of infertility, both in men and women. If you're diagnosed with infertility, there are a number of treatments available that can help you to get pregnant.

## Trying to Get Pregnant and Succeeding

Trying to get pregnant can be a challenging experience, but it's also an exciting one. By following the tips in this guide, you can increase your chances of getting pregnant and starting a family.

## Additional Resources

- [CDC: Infertility](#)
- [NICHD: Infertility](#)
- [Resolve: The National Infertility Association](#)



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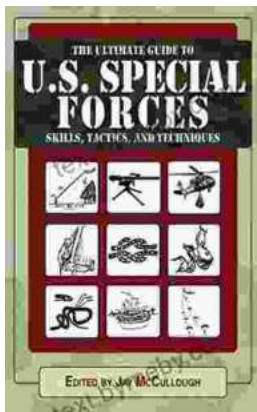
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